

Life Group Discussion Guide
Sunday, September 10, 2017
“Look Around”

Open in prayer

Read Matthew 6:24-34

- What’s something that has caused you anxiety this week?
- What do you do personally to relieve stress?
- How did Jesus identify with his listeners (and us) in their worries? What worries or suffering did he experience?
- What does Jesus reveal to us about God in this passage?
 - God is the Lord of all Creation
 - God Values Us
 - God is a Provider
 - Super Abundance
- What is super abundance?
 - Ben stated: The miracles and parables in Scripture show that God more than meets the needs of people. If God was a god who only did the minimum on only met necessities– why make pretty things? Why make flowers? Why make the mountain ranges, why make sunsets, beaches? Why make art or music? Super abundance is God not just *meeting* our needs but *exceeding* our needs.
 - What are examples of God’s super abundance in your life?

What the Bible says about worry

- Philippians 4:6 - "Do not be **anxious** about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
- Psalm 139:23 - "Search me, God, and know my heart; test me and know my **anxious** thoughts."
- 1 Peter 5:7 - "Cast all your anxiety on him because he **cares** for you."
- Matthew 11:28-30 "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."