

# CHOOSE YOUR ATTITUDE, CHANGE YOUR LIFE

## 2 – Choose Faith over Worry

"An anxious heart weighs  
a man down."  
- Proverbs 12:25

Do not be anxious about  
anything, but in everything,  
by prayer and petition, with  
thanksgiving, present your  
requests to God. And the  
peace of God, which  
transcends all understanding  
will guard your hearts and  
your minds in Christ Jesus.  
- Philippians 4:6-7

All of us have to admit that worry is a part of life. Loving concern for another certainly has its place. However, all too often, worry can be a sign either that we've got too small a view of life, or too small a view of God. We worry, not because our problems are too big, but because we've reduced life to pursuing the external at the expense of the eternal. Life is about so much more than what we typically worry about. And nothing is too little for God to handle!

### Welcome

On a scale from 1-10 (1 = "no sweat" & 10 = "panic"), what was your worry quotient last week?

### Word

#### Read Matthew 6:25-34

1. This passage builds upon what was stated earlier in verses 19-24 (notice the "therefore"). What is the connection between "*the lure of lesser loyalties*" and worry?
2. Why are we told not to worry? Consider the questions raised by Jesus in this passage and list as many reasons not to worry as you find. What's the "weightiest" reason Jesus gives?
3. What are we urged to do instead? Why? How does this tie back to verses 21 and 22—the object upon which we "set the heart" or "fix the eye?"
4. Worry can be a sign of one of two dangers—either that our goals are too small ("is not life more important...") or that our view of God is too small ("won't he more surely care for you..."). Which of the two most often characterizes the source of your worries?
5. Practically speaking, how can you better cope with worry? What insights do you find in this passage or elsewhere in Scripture?

### Works

How is it obvious to you and others that your concerns about life are essentially different from those of the world? Worry heads the list of things that hinder a person's spiritual growth (Luke 8:14).

Preoccupation with the physical will prevent you from receiving the spiritual. Don't allow a pagan view of the world to reduce your life!

### Worship

Spend time in prayer and praise, affirming your desire to live one day at a time, trusting God to care for things beyond your control. Most importantly, affirm your desire to pursue God's rule and be most concerned with *His* purpose for your life, knowing that He will take provide for you. "*The thing you should want most is God's kingdom and doing what God wants. Then all these others things you need will be given to you.*" (Matthew 6:33, New Century)