

# Wanamaker Woods Notes

## The Main Thing (part 3 of 3)

January 23, 2022

Matthew 6:25-34 (NIV)

Main Point: Seeking God first opens the door to a worry-free life.

- Is a \_\_\_\_\_ - \_\_\_\_\_ life even possible?
- Jesus knew something about worry that we often forget:
  1. Worry only takes away \_\_\_\_\_.
  2. God already \_\_\_\_\_ our needs.
  3. God is \_\_\_\_\_.
- \_\_\_\_\_  
opens the door to a worry-free life.
- What to do when worry comes knocking:
  1. Begin your day by declaring \_\_\_\_\_ in God.
  2. Reframe your worry through God's \_\_\_\_\_.

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- Jesus knew something about worry that we often forget:
  1. Worry only takes away VALUE.
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- SEEKING GOD FIRST opens the door to a worry-free life.
- What to do when worry comes knocking:
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Life Group Questions:

1. What is one thing that stood out to you from this week's message?
2. When you face a worrying situation, do you tend to take action or to be more passive? What are some advantages and disadvantages to the way you respond to worry?
3. Read Matthew 6:27. We all know intuitively that what this verse says is true, so why is worry such a problem for so many people?
4. Think about some of the things that cause you to worry. How does worry take away value? What are some of the costs of spending your time and energy worrying about those things?
5. Read Matthew 6:30–34. What are some obstacles to you believing what Jesus said about trusting God? How would your life be different if you believed him?
6. What is something that worries you right now? What can you do this week to declare your trust in God and to reframe your worry through God's faithfulness? How can this group support you?
7. How can we pray for you?

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