

According to v. 6, what should our response to worry/anxiety be? Why do you think the author adds that our requests should be presented to God “with thanksgiving?”

Have there been seasons in your spiritual life where you have lived out vv. 6-7? If so, describe what that was like. If not, what do you think has held you back from embracing this?

The ideas in Matthew 6:25-34 and Philippians 4:6-7 in many ways seem so idealistic and simple. What makes it so hard to live these ideas out in our day to day lives?

What is something that you are anxious/worrying about right now that you could present (with thanksgiving) to the Lord? Ask your Community Group to join you in giving your request to God.

What are so areas where worry might end in your life if you sought the kingdom of God in the same manner that many people seek to provide and sustain for themselves?

## Sermon Notes

### In the Zone

*Matthew 6:25-34*

Nolan Donald



**WordServe. Shaped by God's Word;  
serving God's world.**

## Community Group Study Guide

*For the week of November 1, 2009*

### Getting Started

Was there one thing that you most agreed with or disagreed with from Sunday's message? What was it and why?

This week we heard about being "in the zone." Describe an example from your life (work, sports, spiritually, etc.) where you were extremely focused, able to put other distractions aside, and performed/produced at a higher level.

In your life, have you known someone who was a chronic worrier? Describe them. Have you known someone who refused to worry? What were they like?

Often times when we hear someone say "Do not worry." we think it means don't do anything. What is the difference in worrying and productive action? Describe an example of how you've seen this in your life.

### Digging Deeper

Read Psalm 37:1-8. What reason does the psalmist give as the reason to "not fret" or "be envious?"

In vv. 3-7, the psalmist suggests several behaviors/lifestyles to practice instead of worrying or being envious. Of these behaviors, which are the easiest for you to practice? Which are the hardest? Explain.

Verse 8 says that fretting "leads only to evil." How have you seen that to be true in your life or the world around you?

In the passage from Sunday, Jesus said that those who worried over the details of life had "little faith" (Matt. 6:30). Investigate these other places where Jesus confronted people on their faith/trust commitment. Write down things you notice about each passage.

Matthew 8:23-27

Matthew 16:5-12

Matthew 14:22-33

Matthew 17:14-21

In each instance, what is at the core of the disciples' lack of faith? Is this an issue in our culture? Why or why not?

Read Philippians 4:4-7. Write down things you notice in the passage.