



Breakthrough: Stressed Out?!

Does worry help? Or... does it hinder?!

Instead of getting stressed out, why not get the stress out?!
Matthew 6:25

Our worries tend to revolve around: Will I have enough?

Jesus asks: Isn't life more than that?

Matthew 6:26

Matthew 6:27

Matthew 6:28-30

The crux of the matter is this: *Do you trust God?*

Matthew 6:31

Matthew 6:32

Your heavenly Father already knows all your needs.

Jesus gives an alternative to worry: **Matthew 6:33 (NLT)** ³³ *Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.*

Matthew 6:34

Don't stress out about the future... take one day at a time...

Three things to do when 'the Worry Light' goes on:

- Pray right now! *Philippians 4:6-7*
- Think right! *Philippians 4:8*
- Do right! *Philippians 4:9*

Personally:

When you start getting worried about tomorrow,
start doing what God is doing TODAY!

† **Cassie testimony**

⇒ *When worry hits: ✓ Pray Right – Think right – Do Right!*

Next Week: **Breakthrough: Why Sin?** John 8:1-11

April's Memory Verse – *For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.* **Romans 6:23 (NIV)**

Monday 4/18- Read Matthew 6:25-27

Question: *Can any one of you by worrying add a single hour to your life? Vs. 27*

Truth: *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Vs. 25*

Meditate: Matthew 6:26 – *Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. **Are you not much more valuable than they?***

Prayer: Father God, I know that you love me and that you will help me meet all of my needs.

Action: *Therefore do not worry about tomorrow, for tomorrow will worry about itself. **Each day has enough trouble of its own.*** Matt 6:34

What I need to do Today:

Tuesday 4/19- Read Matthew 6:28-34

Question: *So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’*

Truth: *For the pagans run after all these things, and your heavenly Father knows that you need them. Vs. 32*

Meditate: Matthew 6:30 – *If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?*

Prayer: Lord, teach me your ways.

Action: ***But seek first his kingdom and his righteousness, and all these things will be given to you as well.***

I will worship God today

by: _____

Wednesday 4/20- Read Philippians 4:4-9

Question: What should I do if I start to worry?

Truth: *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

Vs. 6

Meditate: Phil. 4:8- *Finally, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things.***

Prayer: Father, God I am thankful for...

Action: **Pray** right, **Think** right, **Do** right.

Today I'm thankful for:

Thursday 4/21- Read Psalm 100

Question: Why should I: *Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs.*

Truth: *For the Lord is good and his love endures forever; his faithfulness continues through all generations.*

Meditate: Psalm 100:3- *Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.*

Prayer: God you are good and Jesus Name is to be praised. Thank you for the hope I have in you.

Action: *Enter his gates with thanksgiving and his courts with praise; **give thanks to him and praise his name.***

What God is telling me:

Friday 4/22- Psalm 23:1-6

Question: What should I remember when I start to worry about the necessities of life?

Truth: *The Lord is my shepherd, I lack nothing. Vs. 1*

Meditate: Psalm 23:6- *Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.*

Prayer: Lord, thank you for your love and protection of both my body and my soul.

Action: *Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Vs. 4*

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Who will I love this week and invite to church:

Life Group Outline- Stressed Out

Fellowship and Praises-

Take **20-35 minutes** as a group to share what God has been doing in your life. *Has anyone experienced a Break Through this week?*

Bible verse memorization: Ask God to give you an opportunity to share this verse with someone this week.

Bible Study Exercise: Read Matthew 6:25-34

What do you tend to worry about?

What are the by-products of worry?

Matthew 6:33- *But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

Why are putting God and his priorities first in our life the solution to worry?

Read Philippians 4:6-9

Why is prayer with thanksgiving always a good first step in overcoming worry?

What kind of activities can I participate in now, so that I won't become overwhelmed with worry when a troubling situation hits?

Prayer Time- (Go around your group 3 times in prayer)

FIRST: Pray with Thanksgiving! Remember, God already knows what you need even before you ask Him

SECOND: Pray for your 5 people you want to come to Jesus.

THIRD: Pray for wisdom.

Going Deeper: Read Psalm 23

The Lord is my shepherd, I lack nothing. Vs. 1

Real Application: Pray Right, Think Right, Do Right!

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