

Summer on the Mount | Do Not Worry

**Last Week**

How did you apply last week’s lesson on Storing your treasure in Heaven? Who did you share the lesson with?

**Opener**

Share a time when you stressed horribly over something that ended up never happening or being an issue?

**Questions**

Why does Jesus tell us not to worry? What are some things we tend to worry about the most?

What do you think it says about us when we worry about things? What does it say about our mindset?

Describe how it makes you feel mentally and physically when you worry or stress over something in your life.

Jesus concludes his teaching about giving, praying, fasting, and storing your treasure in heaven with not worrying about things. Why do you think he wrapped up these teachings with Do Not Worry?

**Scripture Discovery:**

Have yourself, another group member, or all group members read the following Scripture out loud

Philippians 4:6-7 (NLT)

*Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

What does this passage tell us about God?

* What does this passage tell us about people?
* How do you need to apply this passage to your life?
* And who are you going to tell?

Pray