

# Stress Amid Our Chaotic Lives

**Touching Base** – What’s going on in our lives . . . any highs or lows?

**Reflecting** – What have you thought about, applied to your life, or shared with others from our last discussion?

## Today’s Topic

Read the passage from the Bible and let’s retell the account in our own words.

Matthew 6:25-34 (Jesus is speaking)

*“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? 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? Can any one of you by worrying add a single hour to your life?”*

*“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”*

## Discussion Questions

1. What does this story tell us about God?
2. What does this story tell us about people?
3. What else did you learn from this passage?
4. If you believed this was true, what could be the benefits and how might you apply it to your life?
5. What about this passage could you share with someone else?

