

Connection

What has been your favorite moment of January 2025?

Content

We've all experienced fear, stress, and worry in our lives. As we close the first month of this new year, let's reflect on what Jesus has to say about overcoming anxiety in Matthew.

Purpose

1. As we read scripture, when we come across "therefore" or "that is why" we need to understand that the following verses have a strong connection with the preceding section. As such, when we read Matthew 6:25 we need to turn to Matthew 6:21-24. What connection do you see?

2. What is something of this world that you find yourself clinging to?

Perspective

3. God has a purpose for us, for our lives, and yet we can let our anxiety get in the way of this. Read Matthew 6:26-30. How does this passage speak to anxiety?

4. Read Mathew 17:20. A little faith goes along way. When have you experienced a moment of pure awe when you thought the road ahead wasn't possible?

Practice

5. Read Romans 12:2 and Galatians 8:2. When have you experienced someone sharing in your burden?

6. Read Matthew 6:32 and Matthew 7:7-8. Your heavenly Father knows all of your needs. Why is it important for us to keep praying to God when we know he already knows our needs?

Commitment

Peace

7. Read Philippians 4:6-7 and John 14:27. We have been given the gift of peace on earth through God. What joy can we take in that?

How can you share that joy with someone this week?