

# Why Worry When You Can Relax?

Dr. Stephen Tan | Matthew 6:25-34

## Watch

Watch the sermon. As you watch, use the space below to take notes on anything that stands out to you. Pay careful attention to the context of the biblical text, insights and principles highlighted, and any supporting scripture mentioned.

### \*\* KEY TAKEAWAYS \*\*

- Do not worry because God cares for you
- Worrying can't improve your life
- Worrying shows a lack of trust in God
- Seek the things of God and leave the consequences to Him
- Entrust all your problems to God and relax

## Talk It Through

1. What are your thoughts on the statement, "Worrying reveals a lack of trust in God"? Do you agree or disagree, and why?
2. From the passage in Matthew 6:25-34 and the sermon, what did you learn about God's care and provision, and how does this challenge common views about self-reliance?
3. Reflect on a recent time when you felt overwhelmed with worry. How did you handle it, and what does this reveal about your level of trust in God?
4. What is one specific worry or burden you can lay at God's feet this week? How will you practice trusting Him and focusing on His Kingdom instead of being consumed by anxiety?

## Pray

Close your time together with prayer.