

### Discussion Questions

1. How can believing we have already arrived or accepting the way things are cause a person to become complacent?
2. When the widow in Luke 18 pled for justice, what gave her the confidence to keep asking even when she got turned down many times before?
3. As Christians, from where should our confidence come (Psalm 59:9), and how can we move from doubt to confidence?
4. Have you ever tried writing things for which you are grateful each night before going to bed? If yes, how did it help you become a positive person?
5. In Colossians 3:23-24, when the apostle Paul told the Colossians to work confidently because they are guaranteed an inheritance from the Lord, what was the inheritance he was referring to?

*If you are doing the 5-week study, jump to video 4. You can do this section later.*

### Matthew 6:25-34

"That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? 26 Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? 27 Can all your worries add a single moment to your life? 28 "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, 29 yet Solomon in all his glory was not dressed as beautifully as they are. 30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? 31 "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Most successful people have learned how to temper worry. Shawn Achor says that "the belief that worrying will prevent bad things from happening is one of the greatest enemies of positive genius." Christians should have no problem with that statement, as it so closely reflects this statement made by Jesus in His sermon on the mount. As we move from fear to courage, from pessimism to optimism, from worry about tomorrow to trust in God, we WILL be more effective in our mission to make disciples and to spread the love of Christ.

### Going Deeper

6. Do you see a connection between negativity/pessimism and fear/worry?
7. What does Paul mean when he says that God will give us everything we need? What needs is he referring to?
8. How can a person plan for the future without worrying about the future?