

LifeGroup Questions
Based On: Matthew 6:25-34
December 27, 2015

Overview

Usually during this time of year everyone starts thinking about New Year Resolutions. Things that we didn't get done last year but we would like to see changed in our lives during the coming year. According to the Nielsen Group the top 10 resolutions for 2015 were: 10-Read more, 9-Travel more, 8-Learn something new/new hobby, 7-Will not make any resolutions, 6-Get organized, 5-Spend more time with family and friends, 4-Spend less, save more, 3-Enjoy life to the fullest, 2-Lose weight, and 1-Stay fit and healthy.

There is nothing in the list that deals with growing or staying spiritually healthy. With 2016 less than a week away have you given any thought to making spiritual resolutions?

Bible Study: Matthew 6:25-34

1. Discuss as a group some of the big events that occurred in your life during 2015.
2. What are some reasons why people don't keep their New Year Resolutions?
3. What steps can you take to improve your spiritual health during 2016?
4. In all areas of your life worry can become a great distraction. Worry can affect everything whether it is health, finances, job or relationships. What is one area you tend to worry about the most and why?
5. Read Matthew 6:25-34. How would you summarize Jesus' teaching on worry?
6. In what ways does worry keep you from accomplishing your goals (resolutions)?
7. Read Matthew 6:33. How do you plan on keeping God first during the next year?
8. How does the daily reading of God's word help you keep Him first?
9. Go to <https://www.bible.com/reading-plans> and sign up for a Bible reading plan for 2016.