

# SERMON ON THE MOUNT

## SMALL GROUP DISCUSSION GUIDE

### Session 1

#### Reminders:

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- Spend some time getting to know each other. The relationships you build in this group are more important than getting through all of the material. Have everyone introduce and share a little about themselves.
- You do not need to have all of the answers. And you do not need to get to all the questions. The idea is to create good discussion.
- Make sure to take the time to share prayer requests and pray for each other.

#### Keynotes from Session 1:

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- Jesus tells us to not worry about our lives.
- Anxiety is a human issue that's been a problem since the beginning of time.
- We worry about how we look, what we will eat, and where we will live.
- There are things we can do proactively to avoid worry.

#### Questions for Discussion:

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- Was there a time in your life when you were worried, and then everything turned out fine, and you wished you hadn't worried so much? What is something that you find yourself worrying about on a regular basis?

**Read Matthew 6:25-34.** Have 4 different people read 4 different times in 4 different translations. In the Bible App, 4 different translations that might be helpful are NIV, ESV, The Message, and the Amplified version. But, any 4 translations will be fine.

- The first reading: What word or phrase jumped out at you? (Have people share)
- The second reading: What image comes to mind as you hear this passage of scripture?
- The third reading: What does this passage mean to you today?
- The fourth reading: What is God inviting you to do from this passage?

Take a few minutes to write a breath prayer that you can use when anxiety comes into your heart and mind. Write 2 short phrases. You can use the passage of scripture you just read or a different passage that is helpful to you. Practice the breath prayer when experiencing anxiety and when you are not. Close in prayer today with everyone saying their breath prayer out loud as the group "breathes" together. If someone struggles with making one, have them use someone else's prayer that they like.