

3. Jesus' Ethics from Beyond call us to live in light of the kingdom rule of God that is here in part now but is coming in fullness when he returns. It is an eternal kingdom. How can you cultivate a greater anticipation of God's coming kingdom rule in your heart so that it impacts how you live your daily life and reduces your anxiety?

4. How can Jesus' Ethics from Above (commands from Jesus and your heavenly Father) help you deal with some of your common, everyday anxieties?

5. How can Jesus' Ethics from Below (common sense wisdom) help you deal with some of your common, everyday anxieties?

6. Write a note to yourself (that uses ideas from this passage and your study) to read to yourself the next time you feel worry or anxiety coming on.

Good & Beautiful Life (The Sermon on the Mount) - Part 8

"3 Strategies for Battling Worry and Anxiety"

Matthew 6:19-34

Ethical Perspectives of Jesus

• Ethics from _____

• Ethics from _____

• Ethics from _____

3 Strategies for Battling Worry and Anxiety

1. Place the greatest _____ on that which is most valuable.

Matthew 6:19-23

2. Trust the one who values _____ most.

Matthew 6:24-32

3. Prioritize what the one who values you most _____ most.

Matthew 6:33

Following Jesus isn't about _____ from all earthly things; it's about cultivating a greater attachment.

Personal Reflection & Small Group Questions

Please complete this study on your own, then bring it to your small group for discussion.

1. Looking back over your notes from this week's sermon, what particularly caught your attention, challenged, or confused you?

2. What are some of your common, everyday anxieties?

3. Read Matthew 6:19-34 and note where Jesus uses an ethic from above, from beyond, and from below.

Ethics from Above (commands from Jesus and your heavenly Father):

Ethics from Beyond (living in light of the God's rulership, his kingdom):

Ethics from Below (wisdom, common sense, built into God's creation design):