



## **Part 1: The End Of Your Rope**

So you're stressed, worried or even anxious. What's going on? Well, if you dig a little deeper, it's like your stress and anxiety are tied to a rope that has something at the end.... often, something that's hidden from you. What's at the end of your rope can tell you a lot about why you worry and how to reduce your anxiety.

**Scripture:** Matthew 6:25-34 NIV

**Bottom Line:** Your stress reveals what your mind conceals.

### **Discussion Questions:**

1. Compared to other people you know, would you say you're more stressed than average, less stressed, or about average?
2. Spend some time considering Jesus' teaching in Matthew 6:25-34. What's the most challenging aspect of Jesus' teaching for you? Which part of it do you find the most comforting?
3. If worrying can't add a single hour to your life, why do you think so many people worry?
4. If you follow your stress, anxiety and worry the way Carey described in the message, where do you think it would lead? What might it reveal?
5. What do you think is at the end of your rope? Why is it there?



### **Moving Forward:**

Your stress reveals what your mind conceals. Use the rope you received in the services this week during your personal prayer time. Pray that God would help you identify what's at the 'end' of your stress, anxiety and worry. Pray this prayer while asking God to reveal the source of your worry, anxiety and stress:

*Lord Jesus, please help me see what's at the end of this rope for me. Show me what I'm most afraid of, and please show me why I fear what I fear. Finally, Father, help me to see and believe that you've already addressed my deepest needs.*

### **Changing Your Mind:**

"Therefore I tell you, do not worry about your life." Matthew 6:25 NIV