

## Look

Each day brings new worries, anxieties, and challenges.

1. Think of a time when you were hungry, perhaps physically or perhaps spiritually or emotionally. What happened? How did that situation change for you?
2. What are your greatest concerns right now? How much control can you exert over those concerns? Does worrying about them help?

## Book

*Matthew 6:24-34*

As Jesus continues his sermon about living a Christian life, he turns to our relationship with the things around us, the material world.

1. In a time and place where many people did not know how they would be clothed and fed each day, Jesus says to set those concerns aside. What thoughts and concerns fill our heads today? Read 1 Corinthians 4:1-5 for some examples.
2. Where are we to put our focus? How does that change our relationship with God and our relationship with the world?
3. From whom do all of our belongings and gifts come?

## Took

When we worry, we believe that our worries hold the world together. God holds things together. Our worries can break ourselves into pieces but God's love makes us whole.

1. What worries will you set aside this week? What gifts will you acknowledge?
2. What prayers will you pray this week?
3. How can your covenant group support you?