



Re:veal

Each member share with the group in about 30 seconds or less.

- When do you feel the need for more balance in your life?
- **What would your life look like if it were more balanced?**

Re:ad

Have each person read one verse in a clockwise fashion.

Matthew 6:25-33

Re:fect

Discuss the following questions as a group:

1. In what areas did Jesus teach the multitude to not worry about?
2. What illustrations in creation does Jesus use to help us not worry? Why?
3. How does God relate to the needs of creation and what does that teach us about our own worries?
4. What are the answers to Jesus' questions in this passage? Why?
5. What do we learn about our Heavenly Father in this passage?
6. **Is there a difference between seeking something first vs. only?**

Re:tell

- Describe a moment when you did not prioritize something or someone you should have.
- **Share a story about a time you sought for balance and it worked out.**
- **Share a story about a moment when God provided for your needs before you even asked Him.**

Re:act

- Choose a phrase, favorite quote, or code-word that will remind you to be more balanced and put first things first in your life.
- **How can you know that you are seeking first God's kingdom and righteousness?**
- **What does Jesus mean by "all these things," in vs. 33? How have you experienced the fulfillment of this promise in your life?**
- **Who are the people you would be most excited to share what you've learned today with, and why?**
- **Take a shoe box and fill it with items and pictures that represent your highest priorities in life. This is your priority box. Block 10 min a day for this box. Close your eyes and pull something out and then spend time prioritizing it for that 10 min block.**

