

# FOGGY LENSES

## TAKE HOME STUDY GUIDE—SESSION TWO

Based upon the Celebration Worship series at The Church @ 434 called “Shades”

### MATTHEW 6:25-34

*You can't change what you see, but you can change how you see it.*

Last week we looked at Cracked Lenses and how we must choose to move from Regret & Rubbish into Redemption. This week, Pastor Jeff helped us look at Foggy Lenses and how we can move from Anxiety to Assurance.

**This guide is designed to once again give you a chance to do some lens repair and clean the lenses we view life through so we can do it better. Grab some time, a Bible, a journal and a pen – let's get started!**

---

#### **In this guide will strive to**

- To unpack the teachings of Jesus regarding worry and anxiety.
- To encourage personal reflection and application of the sermon's message.
- To foster a deeper understanding of God's provision and care.

#### **Read Matthew 6:25-34**

#### **Here an overview of what you just read – to summarize...**

Verse 25: Jesus instructs us not to worry about our lives, addressing basic needs such as food and clothing.

Verses 26-27: Jesus uses the example of birds to illustrate God's provision, emphasizing our greater value.

Verses 28-30: He compares the beauty of flowers to our worries about clothing, challenging us to trust in God's care.

Verses 31-32: Jesus contrasts believers with those who do not know God, reinforcing His knowledge of our needs.

Verse 33: He calls us to prioritize seeking God's kingdom and righteousness above all else.

Verse 34: Jesus encourages us to focus on today, reminding us that worrying about tomorrow is unproductive.

# 7 DAYS OF JOURNALING ASSIGNMENTS

BREAK OUT YOUR JOURNAL AND SET ASIDE SOME TIME EACH DAY TO DIG DEEPER

## DAY 1: UNDERSTANDING WORRY

- Reflect on the worries you face daily. What are the common themes in your worries?
- Write about a specific instance where worry affected your peace of mind.

## DAY 2: THE VALUE OF LIFE

- Jesus asks, "Is not life more than food, and the body more than clothes?" What does this mean to you?
- How can you better prioritize the more significant aspects of life over material concerns?

## DAY 3: OBSERVING GOD'S CREATION

- Spend time outdoors today. (I know it is HOT – don't stay out TOO long or maybe look out the window from air conditioned comfort)
- Observe the birds and flowers, as Jesus instructs. Write about what you notice and how these observations can remind you of God's provision in your life.

## DAY 4: TRUSTING IN GOD

- Reflect on a time when you experienced God's provision during a time of need. How did this shape your understanding of trust? What steps can you take to deepen your trust in God's care?

## DAY 5: PRIORITIZING GOD'S KINGDOM

- Jesus instructs us to seek first God's kingdom. What does it mean for you to seek God's kingdom in your daily life? Write down specific actions you can take this week to prioritize spiritual growth.

## DAY 6: LIVING IN THE PRESENT

- Jesus encourages us to focus on today. What are some worries about tomorrow that you can let go of? Write a prayer asking God for help in living fully in the present moment.

## DAY 7: REFLECTION AND APPLICATION

- Look back over the week. What insights have you gained about worry and trust? Write about any changes you've noticed in your perspective or actions. How will you apply these lessons moving forward?

**This study guide is designed to help you reflect on the themes presented in the "Foggy Lenses" sermon.**

**By engaging with scripture and journaling, you can explore the nature of worry and the importance of trust in God's provision.**

**May this journey lead you to a clearer vision and a deeper assurance in God's care for your life.**

**You may want to make the prayer you wrote on Day 6 a prayer that you repeat or rewrite over the next few days. It will help draw your attention to the day that Jesus has given you to live – today!**