

Destress Your Fest
“Your Misplaced Treasure”
November 16, 2025
Matthew 6:19-21

1. What’s causing you stress right now? Is it related to holidays?
Work? Family?
2. What things in your life do you find yourself making your “treasures.”
3. How does holding tightly to those treasures affect your stress or peace?
4. How have you seen stress reveal what you actually trust?
5. What things can we see that Jesus treasured by the way he lived his life? The way he ministered?
6. Read together Luke 12:22-26 What does Jesus tell us about worry?
How can we APPLY what Jesus says?
7. What would a posture of open hands/surrendering to God look like for you this holiday season? Where do you need to trust him and give up control?
8. What’s one practical way you can surrender control to God this week?