

DeSTRESS Your Fest

Week 2 Nov 23, 2025

“A Break from Anxiety;” Worry is Worthless; YOU are Worthy

Matthew 6:25-34

Read together this week's passage

1. Why do you think there is so much anxiety and loneliness in our time?
2. Of the stress factors listed below, which are on your list this season? Which is causing you the most worry?
 - Financial Pressure
 - Unrealistic Expectations
 - Family Dynamics
 - Overwhelming Schedules
 - Grief and Loneliness
3. Why does lack of control cause stress?
4. If Worry is worthless, why do we still worry and how can we be free from it?
5. What's the difference between people pleasing and receiving your value from God?
6. Which of these 6 practices do you want to try during the holidays?
 1. Talk with God Daily
 2. Prioritize and Say "No"
 3. Shut Off the Screens
 4. Set Realistic Expectations
 5. Be Grateful
 6. Seek Support