



Tidying Up



SPRING CLEANING FOR OUR SOULS

WEEK 4 - CLEAR OUT YOUR STRESS WITH GENEROSITY

Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven... Matthew 6:19-20

OVERVIEW

One of the biggest lies in our world is that money and possessions will bring us peace, comfort, and security. In reality, they often bring us stress, worry, and anxiety! This is why, in Jesus' sermon on the mount, he flips things upside down and suggests we should "store our treasures in heaven" – investing our resources not in worldly possessions, but in the work of the kingdom of God. When we are generous, we clear out the clutter of stress and replace it with the joy of a meaningful and world-healing lifestyle.

DISCUSSION QUESTIONS

Read Matthew 6:19-21

1. What are five things you treasure? Share why you consider them treasures. (Be honest; it's okay if they are literal "things", experiences, relationships, memories, etc.)
2. Have you experienced stress because of your material possessions? How?
3. Why do you think people have so much stuff and still want more stuff?
4. What two reasons (one negative, one positive) does Jesus give in verses 19-20 to stop amassing stuff?
5. Describe the difference between American treasures and Heaven's treasures.
6. What does it mean to *store your treasures in heaven*?
7. How can you experience increased joy through generosity?
8. **Matthew 6:21** says that "*wherever your treasure is, there the desires of your heart will also be*". What is Jesus referring to when he says "desires of your heart"? Why is this verse significant for us?