



## **Cope: *Priorities That Don't Mask Problems (Pt. 1)***

### **Discussion Questions:**

1. Would you rather experience one month knowing every good and bad thing that will happen but can't stop it or would you rather not know everything that will happen with no emotional experience connected to it.
2. What are some unhealthy ways of coping with our problems?
3. What are some positive ways to cope or respond with situations that happen in our life?
4. Read Matthew 6:25-34. Why do we become anxious? What does God promise us when we seek first His kingdom?
5. Read Matthew 7:24-27. How does it feel to give instruction to someone but they don't listen to you?
6. Why is a solid foundation necessary with every structure?

### **Next Steps:**

- *Write down everything on your weekly schedule?*
- *Looking at your list would someone say that God was the foundation of your life?*
- *What must stay and what can change?*