



## BETTER – PART 1: ONE THING

SUNDAY, JANUARY 26, 2020

*Many of us want life to be better – or at the very least to be better at life. Sometimes the reason we miss out on “better” is because we are focused on perfect. The reality is that none of us is perfect and the perfect life isn’t possible – but better is. And when we get right down to it, better is better than perfect.*

Read Matthew 6:25-33

- Have you ever had an experience in which you’ve been disappointed because you created an expectation of perfect but things didn’t turn out that way?
- Do you agree that perfect about the things of this world is unattainable? Why or why not?
- What are some of the ways that striving for the unattainable perfect leads to tension, stress, anxiety and worry?
- Do you agree that better is better than perfect? Why or why not?
- How might focusing on the things of God above all else make life better and you better at life?
- What is one area of life or one thing in one area you can make better?
- What are the small things you can do consistently over time to make things better in that area?