



Matthew

Anchored - Jan 11th, 2026

Message Recap

Matthew's Gospel confronts the root cause of that instability: unclear authority. Before addressing behavior, peace, or purpose, Matthew presses one defining question...*who has the final say in your life?* When authority is unclear, competing voices take over, priorities become misaligned, and pressure multiplies.

Jesus calls us to an anchored life by doing three things: deciding who gets the final say, aligning our priorities before fixing our problems, and building a life that can withstand pressure. Stability doesn't come from trying harder, but from placing our lives under the authority of Jesus and ordering everything else around Him.

Icebreaker / Personal Reflection

- **Icebreaker:**

Share with the Group one goal you've set for 2026, and your plans to achieve it?

- **Reflection:**

What part of the message resonated with you most?

Discussion Questions

- When life feels busy or pressured, what is one sign that tells *you* things are starting to feel off or heavy on the inside?
- Everyone lives under some form of authority. What are some things that tend to take control of decision-making when Jesus is not clearly in charge?
- The message suggested that many people don't have a stress problem, but a priority problem. How does that idea challenge the way we usually think about anxiety and pressure?
- When pressure shows up, what voice do you tend to listen to first: fear, control, approval, logic, or faith? How does that voice shape your decisions?
- If someone looked at your calendar, finances, and decisions, what might they conclude has the final say in your life right now? What changes can you make this week to provide better alignment with Jesus in your life?

For Additional Study

Read Matthew 6:19–21, 33

Jesus connects priorities, peace, and provision.

- What does Jesus say happens when our priorities are misplaced?
- How does “seeking first” bring clarity instead of added pressure?
- What practical changes might reflect a realignment of priorities?

Read Matthew 7:24–27

Jesus describes two lives facing the same storm with very different outcomes.

- What stands out to you about the similarities between the two builders?
- Why do storms reveal foundations rather than create them?
- What does “putting Jesus’ words into practice” look like in everyday life?