

Anxious for Nothing

Matthew 6:25-34 [page 1505]

Taking it Home:

1. What does Jesus mean by “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” How can you practically live this out?
2. Commit Philippians 4:4-7 and 1 Peter 5:6-7 to memory.

Prayer Concerns:

Do not worry about anything!

Learn from the birds and flowers

1. God cares about the _____ details of your _____
2. God can be trusted to _____ your needs, often _____
3. God’s provision does not excuse _____

Worrying doesn’t work

Antidote to Anxiety

1. Chase the _____ instead of the _____
2. Be God’s _____ to someone else’s _____
3. _____ about _____

Personal Study/Growth Group Discussion Questions

Getting Started:

1. When you go on vacation, what are your biggest stressors?

Digging Deeper:

Read Matthew 6:25-34

1. Are there specific needs in your own life that you feel are not worthy of God's attention? In what way does this passage help alleviate this concern?
2. Why does Jesus use images from nature to teach us about God's provision? What do they tell us about God's provision and care? How have you seen him provide for you in the past? After experiencing his provision, why do we so often still worry?
3. How might Jesus' teaching enable someone prone to laziness? If you were to counsel someone who used this passage to justify irresponsible living, what might you say?
4. What are some worries of the 'pagans'? What causes them to worry? What distinguishes those who "seek God's kingdom and righteousness" from non-believers in how we handle our cares?
5. If God promises to feed and clothe his children, why are many of them ill-clad and undernourished? After some discussion, what light does Matthew 25:41-45 shed on this subject?
6. How quickly do you pray when you start to worry? What are you most anxious about right now? Take some time as a GG to pray for these needs.