

WEEK 9 (October 11-17) Sermon on the Mount— “Worry”
(Matthew 6:25-34)

Starting the Conversation

“Just don’t worry about it.” Anyone who has ever struggled with worry has heard these well-meaning words of advice and wondered just how to implement it into actual life. Removing worry from the mind, heart, and soul is more challenging than a simple invitation. How do we deal with worry? Well, the advice often shared is partly correct—dealing with worry DOES begin with a choice. We actively choose to reject worry and cast it out of our thoughts and feelings. It is incompatible with the truth that God is good and God is in control. We actively choose truth and remind ourselves that God is trustworthy. But that is just the beginning. We empty our minds of anxious thoughts and hearts of anxious feelings so that we can fill ourselves with the pursuit and promises of God. To fully deal with worry, we must move to worship. We recognize the magnificence of God, we honor Him, and we pursue everything that He is about. Without worship, worry will continue to claim residence in our lives. But worship and the active pursuit of God’s kingdom closes the door on worry by filling us with the power and presence of God.

Let’s Read Matthew 6:25–30

Leader: *Jesus begins by pointing to creation. Birds don't store up food, and flowers don't strive to make themselves beautiful, yet God faithfully cares for them. If God cares so deeply for His creation, how much more does He care for His children?*

- Why do you think Jesus uses birds and flowers to teach about worry?
- What does this passage reveal about God's character?
- Why is it often easier to believe God cares for others than that He cares personally for us?
- What areas of your life are most likely to produce worry?

Let’s Read Matthew 6:31-32

Leader: *Jesus doesn't ignore our concerns, but He challenges the belief that worry accomplishes anything. Instead of allowing anxiety to dominate our hearts, He calls us to actively reject it because our heavenly Father already knows what we need.*

- Why do you think worry feels so natural?
- What is the difference between being concerned about something and living in anxiety?
- Jesus says our Father already knows our needs. How should that truth affect our daily lives?
- Have you ever noticed worry pulling your attention away from trusting God?

Let's Read Matthew 6:33–34

Leader: *Jesus doesn't simply tell us what to stop doing; He tells us what to pursue instead. We don't empty our hearts of worry and leave them empty—we fill them with God's kingdom, His righteousness, and His presence.*

- What do you think it means to "seek first the kingdom of God"?
- How is pursuing God's kingdom different from simply trying not to worry?
- When worry enters your life, what is your first response?
- Why do you think worship is such a powerful response to anxiety?
- What practices help redirect your heart toward God when worry begins to take over?

Closing

- How can worship help reshape your perspective during anxious seasons?
- Which promise of God do you most need to remember right now?
- What practical habit could help you pursue God's kingdom before your worries this week?
- How can you intentionally replace anxious thoughts with worship this week?
- What is one specific way you can seek God's kingdom first this week?

PRAYER

Father, thank You for knowing every need we have before we even ask. Forgive us for the ways we allow worry to become louder than Your promises. When anxious thoughts fill our minds, remind us that You are good, You are faithful, and You are in control. Teach us not only to reject worry but to replace it with worship. Help us to seek Your kingdom first, trusting that You will provide everything we truly need. Fill our hearts with Your peace, anchor us in Your truth, and draw our attention back to Your presence each day. May our confidence rest not in our circumstances, but in Your unchanging love and faithfulness. In Jesus' name, Amen.