

Surrendered Hearts: Week of August 3

Warm Up

- Have you ever spent time worrying about something that never actually happened?
- What's something that brings you peace when you start to feel anxious?
- If you didn't have to worry about money or security, what's one thing you would do differently in life?

Dig-In

In verse 22 Jesus tells His disciples, "Do not worry about your life, what you will eat, or about your body, what you will wear."

- Why do you think worry has such a strong hold on us?
- What's the difference between planning wisely and living in anxiety?

Jesus points to the ravens and wildflowers as examples of God's care.

- How does creation remind us of God's provision and attention to detail?
- What does it say about God's character that He cares for even the smallest parts of creation?

In verse 25 Jesus asks, "Who of you by worrying can add a single hour to your life?"

- Why do we still hold on to worry even when we know it doesn't help us?
- How have you experienced God providing in times when you couldn't control the outcome?

In verse 31 Jesus says, "Seek his kingdom, and these things will be given to you as well."

- What does it practically mean to seek God's kingdom first?
- How does focusing on God's kingdom shift our perspective on the things we usually worry about?

In verse 34 Jesus says, "For where your treasure is, there your heart will be also."

- How do our spending habits and priorities reveal where our heart truly is?
- What would it look like for your heart to be more fully centered on the things of God?

Wrap Up

- What is one worry you need to hand over to God this week?
- What would it look like to live with the kind of trust in God that frees you from anxiety about tomorrow?

Ask

Lord, help me to trust You with the things I can't control. Teach me to seek Your kingdom first so my heart can rest in You.