

In today's text, [Matt 6:25-34](#), Jesus turns to consider how His disciples will deal with anxieties about their basic needs.

1. Verse 25 opens with the connective device “therefore,” indicating a strong connection with the previous paragraph.
 - What is the connection between v. 24 and v. 25?
 - Where else do we see “therefore” appear in our text? (two more times)
2. What familiar examples from nature does Jesus use to support His contention that our Father in heaven is attentive to our needs and faithful to provide for them?
3. What command is repeated three times in our text?
 - What rationale does Jesus give for this command in v. 32 (“for”)?
 - What contrasting command does He give in v. 33?

1. Where else in this chapter has Jesus referred to our Father? How does ch. 6 in its entirety develop the idea of God as Father (as opposed to the aloof and indifferent pagan deities)?
2. What does Jesus mean when He asks, rhetorically, “Is not life more than food, and the body more than clothing?” (v. 25b)
3. What does it mean to “seek first” God’s Kingdom and His righteousness?

According to Jesus, His followers become anxious when they become forgetful. They forget who God is, how faithfully He provides for His own, even in nature. In their forgetfulness, they are thinking and behaving like people who don't know God ("Gentiles," v. 32).

- If we don't need to worry about necessities, what makes us so anxious? Is your anxiety generalized, or are there specific fears that weigh on your mind and heart? If your anxiety is specific, what worries you so much?

2. **Jesus has given us one specific thought as a counterbalance to our anxieties:** the character and power of our Father in heaven, who will provide all that we need for today.
 - When you are anxious, what is there about the character of God that you have forgotten? His love? His power? His wisdom?
 - What changes can you make in your daily routine to keep the wisdom, love, and power of your heavenly Father before your mind's eye?
3. **What practical steps can you take to replace your anxiety with a mindset that is instead preoccupied with God's Kingdom and His righteousness?**

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