

What, Me Worry?

Matthew 6:25–34

1. Defining Worry

2. Causes of Worry

3. What Does Jesus Say About Worry?

4. How to Avoid Worry

Application

Life Group Questions

What, Me Worry?

Matthew 6:25–34

Opener: Share a time when your worry about something caused it to be a bigger deal than it actually was. What, if anything, did you do when you realized that it was not such a big deal?

READ: Matthew 6:25–34

1. Are you driven by what the world says or by what God says?
2. Is this passage about not worrying in general, or about not worrying about the wrong things? What's the difference?
3. What is an example of “worry” being a good thing? When is “worry” a bad thing?
4. What causes you to worry the most? What are the signs that indicate you are worrying too much?
5. Jesus says, “Do not be anxious” three times in Matthew chapter 6. How is this possible? Is Jesus out of touch here, or is it possible to not be anxious?
6. Jesus compares two types of treasures—one corrodes and decays, the other will never decay. What are examples of both?
7. What do you do to counteract worry and anxiety in order to concentrate on the kingdom?
8. Read the following passages and discuss how they can help you to avoid worrying over the wrong things.
 - a. Psalm 34:4; 42:5; 55:22
 - b. Proverbs 3:5-8
 - c. Philippians 4:4–7,19
 - d. 1 Peter 5:6–7

Memory Verse: Matthew 6:33 ESV

“But seek first the kingdom of God and his righteousness, and all these things will be added to you.”