

MATTHEW 6:25-34

DISCUSSION GUIDE

Here are some questions and thoughts to help guide discussion:

1. What stood out to you from this Sunday's sermon? Was there anything that was new to you, or anything that surprised you?
2. The passage from this week commanded us not to be anxious. Have you noticed before that this is a command from the Bible? How does knowing the Scriptures help us follow this command?
3. How often do you observe nature? When you do, do you remember that it is God who sustains it, and who feeds all living things? What does this teach us about who God is for us, and His provision for us? When you eat your meals each day, are you aware that God is the one who provided all of it for you? What is your response when you remember that?
4. Have you ever made plans, and then had to change those plans or had them interrupted? What was your response? How does James 4:13-15 teach us to make our plans?
5. What does it look like to seek first God's kingdom and His righteousness? What are some practical ways you can be doing this during this pandemic situation, and for the rest of your life?
6. What does it look like to not be anxious? What should our reaction be when we experience worry or anxiety? How can we obey Jesus's command to not be anxious?
7. Worry and anxiety are often experienced as emotions, which point us to the reality of what we believe about God. What is the underlying belief (lie) that causes us to worry? How can we remedy that?