

Small Group Guide: An Antidote to Worry

Read Matthew 6:25-34

Did anything stick out to you in the passage or during the weekend sermon?

Read Matthew 6:19-24

We know that Jesus' teaching on worry is connected to the teaching that precedes it because Jesus starts speaking about worry by saying, "therefore." In light of what I just said, "do not worry!"

Think for a moment and discuss how Matthew 6:19-24 is connected to Jesus' teaching on worry?

Jesus gives at least three arguments against worry: worry denies your value to God, worry is wasteful, and worry reveals your worldview (or worry is a refusal to live in a world where God is in control and God cares for you!)

In your current season of life, which argument is the most helpful to you?

Jesus promises to meet our needs. If we confuse our needs with our wants we might feel like Jesus is not coming through for us. Therefore, what is the difference between wants and needs? How do you decide?

How does contentment lead to less worry in our lives?

What does it look like to practically seek first the kingdom of God and righteousness?

****Spend some time surrendering your worries and concerns to God. Spend time praying for one another and sharing your needs****