

OPEN

What would cause you the greatest amount of anxiety?

Holding a snake

Removing a spider

Speaking in front of a crowd

Washing windows on a skyscraper

Matthew 6:25-34

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on.

Is not life more than food, and the body more than clothing?

²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them.

Are you not of more value than they?

²⁷ **And which of you by being anxious can add a single hour to his span of life?**

²⁸ **And why are you anxious about clothing?**

Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these.

³⁰ **But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?**

³¹ Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you.

³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

DISCOVER

Jesus uses rhetorical questions to gently lead his disciples to see where life is found.

“*Therefore*” connects this text with the preceding one which concludes with “No one can serve two masters ... You cannot serve God and money.” How does having money as your master contribute to anxiety?

Why does Jesus say the disciple does not need to be anxious?

What is the purpose of Jesus asking these questions?

What are the causes of anxiety? Which of these causes does Jesus have in mind here?

What remedy does Jesus offer for anxiety?

What promises does Jesus make?

DEEPEN

Jesus uses questions to lead His hearers to a greater understanding of who He is and what He calls them to believe.

What is a need according to this passage? How would you distinguish between a need, a want, and a luxury?

What does it mean to “*seek first the kingdom of God*”?

“The woman who makes a dog the center of her life loses, in the end, not only her human usefulness and dignity but even the proper pleasure of dog-keeping. The man who makes alcohol his chief good loses not only his job but his palate and all power of enjoying the earlier (and only pleasurable) levels of intoxication ... Put first things first and we get second things thrown in: put second things first and we lose both first and second things.” **C.S. Lewis**

What are the most common “second things” the world and the devil use to tempt? In what ways do these second things result in the loss of first and second things?

DELIVER

Jesus calls His disciples to act on what He has revealed to them. The disciple responds by trusting Him to work through them in all their vocations.

Which of the reasons Jesus gives for not worrying is most helpful to you?

What role can God’s family play in helping you turn from anxiety to seeking God’s kingdom?

Who do you know who struggles with anxiety? Be sure and include them in your prayers – that they too would see their life as lived before a Father in heaven who knows and cares for them.

PRAY

Share something you’re thankful for and/or something you would like to see God change.

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“Lord, in your mercy ... hear our pray.”

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