

SMALL GROUP QUESTIONS

“Don’t Worry”

Matthew 6:24-34

Week of November 6, 2016

Central Truth: Don’t worry; God will never let you be at a disadvantage for putting him first.

1. How would you define “worry?” What is a worry you had as a child and how did you handle it?
2. Read this quote from the Christian Post on worry. In what ways can you relate to it? What one area of your life do you tend to worry about the most and why?

Worry can have negative effects on both your body and your mind. It may cause physical problems such as an upset stomach, headaches, and muscle tension. It can speed up the aging process and make you more prone to depression. Researchers say worrying affects our daily life so much that it interferes with the appetite, lifestyle habits, relationships, sleep, and job performance. Many people who worry excessively are so anxiety-ridden that they seek relief in harmful lifestyle habits such as overeating, cigarette smoking, or using alcohol and drugs. Anxiety disorders are commonplace in the U.S., which today affects nearly 40 million Americans.

3. Read Matthew 6:24-35 and answer the following questions.
 - a. What does Jesus want to say about the character of God when he points to the birds and the flowers of the field (vv. 25-30)? How does this help you to deal with worry?
 - b. What is the connection between “seeking first the kingdom of God and his righteousness” (v. 33) and being anxiety-free?
 - c. Jesus says that we are of “little faith” when we worry (v. 30). How does that shed light on the true source of our worries?
4. Is it always wrong to worry? Can you have uncertainty and not be worried? If so, how?
5. Explain the ways culture tries to “heal anxiety.” How is Jesus’ approach different?
6. **Prayer:** Pray together as a group for the changes God wants to accomplish in your life regarding the factors that may be causing anxiety and robbing us of God’s joy and peace.