

WHAT JESUS SAYS ABOUT WORRY AND ANXIETY

MATTHEW 6

MAIN TAKEAWAY

In the Sermon on the Mount, Jesus talks about the believer and worry. He tells us why we should not worry and what we should do instead: put God and His will first in our lives.

INTRODUCTION

As your group time begins, use this section to introduce the topic of discussion.

What are the greatest sources of anxiety for people in our culture today? How do people typically try to deal with worry? How does Jesus provide a better way?

UNDERSTANDING

Unpack the biblical text to discover what the Scripture says or means about a particular topic.

HAVE A VOLUNTEER READ MATTHEW 6:25–32

Why shouldn't the believer worry? How can a Christian respond to worry and anxiety in ways non-believers can't (1 Peter 5:7; Psalm 139:17–18)?

In what way is worry a sin? How does worry ultimately reveal a lack of trust in God?

Pastor Greg explained, "Worry is never of any value; it never helps but always hurts. Worry does not make life longer; it just makes it more miserable." What are some of the negative effects of worry and anxiety? How can following Jesus' teaching practically be experienced in spiritual, physical, mental, and emotional health?

Why does Jesus instruct us to look at the birds of the air and to consider the flowers of the field? How might doing this throughout your day provide perspective about God's provision? How else can you be reminded of God's care for you?

HAVE A VOLUNTEER READ MATTHEW 6:33–34

Before being a Christian, what did you seek first in your life? How has God’s Kingdom and righteousness—the rule and reign of Jesus Christ in your life—changed your priorities? How do you now keep this as your main focus?

Instead of worry, put God and His will first in your life. How does living for the Kingdom of God help you overcome worry and anxiety? What happens when we only focus on our own personal “kingdoms”?

Read 1 Timothy 4:8–9. What is the connection between striving to be a good steward of resources and health and seeking God’s Kingdom and provision? What may happen if we put too much emphasis on either the physical or the spiritual?

Pastor Greg said, “When I put God and His Kingdom first, my life will find its proper balance.” The basic issues of life will be taken care of by God when you put Him first. How have you experienced this to be true? What are some reasons why you may be worried about basic needs instead of seeking your greatest need?

APPLICATION

Help your group identify how the truths from the Scripture passage apply directly to their lives.

Pastor Greg said, “The best antidote to worry is prayer. Turn your worry into worship and your panic into prayer.” What are you tempted to turn to for help instead of God? How can you give your worries to God (Philippians 4:6–7)?

How does fellowship with other Christians—both in church on Sundays and in your Harvest Group throughout the week—help you stay focused on seeking God first?

How can you tell if you are putting God first in your life? What is one area of your life that you need to reprioritize God’s Kingdom and righteousness?

PRAYER

Give thanks to God for His Kingdom and righteousness. Pray that you will seek Him first. Ask for strength and perspective when you worry. Reaffirm your trust in God for His provision. Pray for His Kingdom to come and His will to be done in your life.