

## **“Worry and Anxiety: A Question of Trust” - Part 1** **Matt. 6:25-34**

### *The Bigger Picture*

#### **I. Jesus Exposes False Securities (6:25)**

#### **II. Why Not Worry? (6:26-29)**

#### **III. Anxiety vs. Contentment (6:30)**

#### **Discussion Questions for Groups**

Read Matthew 6:19-34 together.

1. What struck you the most from this passage of Scripture and the sermon?
2. Jesus makes a distinction between what the Gentiles seek (6:32) and what His disciples are supposed to seek (6:33). Are there things in life that you are seeking after? What are they? How do these verses either affirm or convict you in those areas?
3. What is your take on the three common ways people misread these verses? Agree? Disagree? And why?
4. What do you think is the proper balance between providing for ourselves and trusting God?
5. What reasons does Jesus give for not being fixated on food and clothing? How much does worry over material things affect your life? What answer do these verses give for minimizing anxiety?