

Questions for Reflection and Discussion

Matthew 6:25-34

Date: January 30, 2022 **Series:** Jesus' Most Famous Sermon

Message: Not to Worry **Scripture:** Matthew 6:25-34

The cause of anxiety: _____

The solution for anxiety: _____

The twist: _____

1. When you feel anxious, what normally helps to comfort you?
2. What are some of the normal life occurrences that cause anxiety in you?
3. When was a time that you were let down by something or someone that you really believed would always be there for you? How did you respond? Did you experience anxiety?
4. Jesus instructs us not to worry even about necessary life essentials like food, drink, and clothing (Matthew 6:31). How do we differentiate between the times when we are pursuing such necessities in a healthy way versus an unhealthy way? Is there a healthy way to pursue such things?
5. How do you make sense of Jesus saying that if His followers seek first God's Kingdom and righteousness, that all these things (presumably food, drink, and clothing) will be added to them (Matthew 6:33)?
6. What would we tell Christians who are starving to death but love God above all else? Why wasn't food added to them if they were promised all things for seeking God first?
7. When have you experienced God's presence as precious enough to comfort you even when life was terribly traumatic?
8. If you had to choose between God's presence on the one hand, and food/clothing/drink on the other, which would you choose? Why?