

LIFEgroups

Open

Go around and let everyone answer...

What is a secret silly worry you have?

DIG

What are some things people commonly worry about?

Read: Matthew 6.25-27

Jesus concludes His teachings on how to really fulfill the laws of God by instructing His listeners not to worry about the things they need.

Why do we worry about things?

How does worrying effect you?

In verse 26, Jesus showed how even the birds are taken care of and that we "are much more valuable than they!"

How does our understanding of our value to God relate to overcoming our worries?

Read: Matthew 6.31-34

Jesus teaches us to use the energy we would spend seeking what we think we need and instead just seek His kingdom and trust God to take care of us.

Why do you think seeking first his kingdom sets us free from our worries?

APPLY

What is something in which you have you struggled to trust God to take of and why?

Close with a prayer of trusting in God's faithfulness.

Leader Notes

About This Guide

This week's guide comes the current lesson in a series from the Gospel of Matthew. This series focuses on Matthew's message of establishing that Jesus is King over all.

Big Idea

Many people struggle with worry but Jesus doesn't want us to exhaust ourselves seeking to meet our own need. Instead, he gives us the remedy for worry - seek Him first and trust Him with everything else.

Reaching Out

Our LIFE Groups are a great place to pour out the love we share into the lives of others. We can't keep this love and community to ourselves. Who do you know that might benefit from being part of your group? Share those names, pray for them, and ask God to give you the courage to talk to them about visiting your group.