



LIFE GROUP DISCUSSION GUIDE



AUGUST 9, 2026

Dive In (10 Minutes)

Go around and let everyone share... What is something minor or unexpected that you found yourself worrying about this past week (e.g., traffic, the weather, a minor home repair, an awkward text message)?

Dig Deep (40 Minutes)

Read Matthew 6:25-34 aloud.

- Look closely at verse 25 where Jesus begins with *"Therefore I tell you, do not be anxious about your life..."* Notice the word "Therefore"—Jesus had just spoken about serving God instead of money. How is our anxiety often tied to our pursuit of control, security, or wealth?
- In verses 26-30, Jesus points His hearers to consider God's care of nature. Why does Jesus use everyday creation to teach us about God's heart? What does it say about our value to God that He cares so meticulously for the things of nature, which don't even have an eternal soul?
- Why do we often treat worry like a responsible action—as if stressing about a problem is somehow helping us solve it? How does worry drain our energy without fixing anything?
- What does it practically look like to "seek first the kingdom" in the middle of a busy week, a financial strain, or a stressful life season?

Do Big (10 Minutes)

- Verse 34 speaks of the importance on focusing on today. How does focusing on "today's grace" keep us from being overwhelmed by the hypothetical problems of next week, next month, or next year?
- Release the weight of tomorrow's unknowns, surrendering your lists, anxieties, and need for control into the hands of the Father who already cares for you, and then...
- Seek first His kingdom today—choosing to take a tangible step of trust and devotion right now, confident that He will provide for everything else you need.