

**Matthew 6:25-34.**  
**Do not worry.**

### Warm Up

What causes us to worry? Family, money? World situation? Why do these things cause us to be anxious?

### Background and context

In *The Sermon on the Mount* Jesus was speaking to the crowd, setting out what the Kingdom of God would be like. Whilst it is a manifesto for the kingdom it is also focused on his disciples and preparing them for mission. The kingdom will need to be their priority. Jesus will provide all they need as they 'go and make disciples'. Today, we are the crowd and we are his disciples too. Jesus wants us to be ready for mission, to become better disciples and followers of Jesus.

### Thinking it through: Main discussion/activity



**READ Matthew 6:25-34** .What are the surprising things in the passage? What is new? What don't you really understand?

1. **Read v 25-26.** What is Jesus challenging here? How does it apply to 21st century western culture?
2. Why are the birds a good example for us? What is it they do?
3. What concerns occupy most people's thoughts?
4. How do people measure security ? Money, success or God's faithfulness?
5. **Read v27.** What limitation does Jesus expose about "worry"? Is there a difference between worry/anxiety and concern?
6. **Read v28-30.** Why should these verses fill us with hope and joy?
7. **Read v31-33.** Is Jesus suggesting that food, clothing and shelter are unimportant?
8. When we realise that God has our needs under control what does it release us to do?
9. What does seeking *God's Kingdom and His righteousness* look like?
10. **Read v34.** What are our responsibilities TODAY? How can we focus on them and not be consumed by the future?

### Discipleship and Application



11. How do I ensure that my walk with Jesus is focussed on the Kingdom and becoming a better disciple? (cf: Psalm 23, Psalm 55, Philippians 4:6-7, 1 Peter 5:7)
12. How would you summarise the key points of this passage?



**Try to leave 15-20 mins to talk about prayer needs of the group and to pray.**

There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.