



Matthew 6: 25-34 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life[a]?”

“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. **30** If that is how God clothes the grass

of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. **25** “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? **26** Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? **27** Can any one of you by worrying add a single hour to your life[a]?”

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Icebreaker

If you could time hop to any era, place or circumstance in history where would you go?

Conversation Guide

1. What role does ‘worry’ play in your life? What role did worry play in the life of your mom or dad or the people who raised you?
2. What messages did you get about worry when you were growing up? What messages do you get about worry now?
3. What concerns do you have that you are carrying?
4. Knowing what you know now, what advice would you give yourself of 20,30 or 40 years ago about worry?
5. If you were to turn those worries/thoughts into specific prayers, what would they sound like?
6. What strikes you from these passages (Matt. 6:25-34; Philippians 4:6-7)? How would you like to apply them to your life?
7. How does the last line, “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own” strike you. Is it encouraging, scary, a good reality check or something else?

Action Step - Write/Pray/Pay Attention - Write down all the things you are anxious about and turn them into specific prayers and pay attention to what God does!