



**Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? - Ed Baker**

**Icebreaker:**

- What big challenge have you taken on recently?
- Which movies have you watched over and over again?

**Engage the Bible:** MATT 6:25-33 - Read and discuss as a group.

**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]?”

**28** “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. **29** 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? **31** So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32** For the pagans run after all these things, and your heavenly Father knows that you need them. **33** But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

**Small Group Questions:**

- What are some things you worry about? How does that give you insight into what is important in your life?
- In what areas of your life is it most difficult to trust God?
- Where do you see God’s faithfulness? In the world? In the church? In your family? In your own life?
- Do you see God as a generous or a begrudging giver?