

Questions for Reflection and Discussion

Matthew 6:25-34

God's Remedy for Worry

Getting Started

Do you like watching birds? Which ones?

Digging In

1. **Read Matthew 6:25-27.** What reasons does Jesus give in these first 3 verses for not worrying? (You should be able to find 3.)
2. How does God compare us to birds?
3. In what sense is worry ineffective? What's the difference between prudent preparation and unhealthy worry?
4. **Read Matthew 6:28-30.** Why shouldn't we worry about clothes?
5. What's the common thread running through verses 26-30?
6. **Read Matthew 6:31-34.** How is worry a kind of practical atheism?
7. What encouragement does Jesus give us in v. 32 that we need not worry?
8. How does verse 33 teach that God's remedy for worry involves not just trust, but is also a matter of values?
9. How does worry reveal misplaced values?
10. What does it mean to *seek first his kingdom and his righteousness*? (v. 33)
11. Why is it pointless to worry about tomorrow?



Getting Personal

- What kinds of things do you tend to worry about?
- What is God saying to you through this passage – about trust, about your values?