



# Life Group Questions

## Matthew 6:25-34 <sup>(NIV)</sup>

“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? <sup>26</sup> 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? <sup>27</sup> Can any one of you by worrying add a single hour to your life? <sup>28</sup> “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup>

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? <sup>31</sup> So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

### Summary:

1. Gain perspective on anxiety 6:25-30
  - a. Consider the purpose of life v25
  - b. Consider the providence of God v26
  - c. Consider the powerlessness of anxiety v27
  - d. Consider again the providence of God v28-30
2. Handle anxiety by faith 6:31-34
  - a. Be different to unbelievers v32
  - b. Believe the Father’s loving care v32b
  - c. Take one day at a time v34
  - d. Seek God first and foremost 33

1. Matthew 6:25 tells us not to worry about your life - food and drink, or your body – clothes, saying life is more important than these things.

Why does it refer to food and clothes when there are so many other things that cause worry?

What are the things that tend cause us to worry most?

What purpose of life should cause us to not worry at all?

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2. What is the point of mentioning the birds in 6:26?

- a. How can we live according to the “principle of the birds”

3. It seems in 6:27 that the temptation to worry comes from some perceived benefit.

- a. What are the perceived benefits that cause us to worry?

4. Looking at 6:28-30 the point is similar to verse 26 above.

- The last verse (v30) it is saying worry and anxiety come from little faith. How important is it that we see the connection between worry and lack of faith?
- So you find yourself wracked by worry – how can faith be a solution to the anxiety this causes?

5. Verses 31&32 says pagans run after things life food, drink & clothing.

- How does this challenge you as a follower of Christ?
- Thinking about worry and anxiety amongst the people in your life, would you say Christians have less worry than people who aren't Christians?
- What will need change in our lives to be different to unbelievers in regard to this matter?

6. Verse 34 suggests the antidote to worry is to take life one day at a time and not fuss over matters beyond that.

- How do we make plans for the future if we only look a day out?

7. Verse 33 seems key to this whole matter – seek first the kingdom of God and His righteousness

- Can you think of a time in your life when you sought things in your life before seeking God?
  - Can you think of a time in your life when you sought something else in your life ahead of God's righteousness?
  - Practically speaking what does it look like to put God's kingdom and righteousness first in our lives?
  - How does this work against anxiety?
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