



**No Worries!  
Matthew 6:25-34**

**Warm Up**

What worries keep you up at night? What are the anxieties that perhaps stop you from acting as you might like? Where might such worries originate?

**Background and context**

Bob Marley's hit song tells us "Don't worry, every little thing's gonna be alright!" But Jesus says, "In this world you will have trouble." Who is telling the truth? In this passage Jesus suggests that worry is not a good use of our time, it is what pagans (non believers) do. Why then do so many, if not all Christians find themselves worrying about various aspects of life, work, and the future? It is because we do not view the world as Jesus does and we are not seeking Him first in all things.

**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. Every generation has its own worries. Children, teenagers, workers, parents, retired, elderly. What are some of the things that cause worry for these groups?
2. Three times Jesus tells us not to worry (v25, v31, v34). How do these worries compare with our modern ones? What can we learn from this?
3. How does Jesus explain the Father's caring nature and ability to provide? (v26-30)
4. One of the biggest worries a person can have is not being in control of our future. How did Jesus deal with this? Can you find a reference in scripture to support your answer?
5. Do you believe the following? God knew you before you were born, God knows the number of hairs on your head, God's plan for you is good, God is sovereign over all things, you are adopted into His family. If you do, why then do you worry about things? Isn't worry a lack of faith in the promises and sovereignty of God?
6. V34. Is Jesus telling us not to plan for the future? Is there a difference between planning and worrying?

**Discipleship and Application**



7. v33 gives us the antidote to worry. How do we go about doing this?
8. "Thy will be done" is prayed regularly by Christians. What might this look like for us?
9. Read Philippians 4:11-13. How can we learn this secret too?



**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.