



DO NOT BE ANXIOUS Matthew 6:25–34

CONNECT

1. In Matthew 6:25 Jesus says, “Do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?” What are some of the things you worry about most? As a group, come up with a list of the main triggers for worry and anxiety we face day-to-day during COVID-19. Which ones are you most likely to stress about and why?

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2. In saying not to worry about life, Jesus was not ordering His followers to neglect their responsibilities or ignore their basic needs. Rather, He was referring to His previous teaching, urging them not to give undue concern to material matters (Matthew 6:19–21). How does this impact any tendencies you have to worry?
3. Read Matthew 6:25–34. How might Jesus desire His people in 2020 to apply His words from this passage to the coronavirus pandemic?
4. In verse 25, Jesus asked rhetorically, “Isn’t life more than food and the body more than clothing?” According to verses 26–30, what are specific reasons and examples Jesus gives us for not worrying about the basic needs of life? When we worry, what are we saying about our view of God and our relationship with Him? What additional reason for not worrying do you take from these verses?
5. One way to combat worry is to engage in praise and thanksgiving (2 Chronicles 20:17–23, Psalm 63:3–4, Psalm 95:1, Acts 16:25–26). What do these acts look like in everyday life? What spiritual disciplines—such as prayer, worship, study, fasting—have you found helpful for diminishing worry and anxiety? What does it mean to you to know “His eye is on the sparrow”?
6. Matthew 6:31–32 says, “Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles [unbelievers] seek after all these things.” Reflect quietly for a moment on your “all these things.” How does knowing that your heavenly Father already knows all your needs help you face today and the future?
7. In Matthew 6:33–34, what does Jesus give as the antidote for worry and anxiety? Practically speaking, what does it mean to “seek first the kingdom of God and His righteousness?” What is another reason Jesus gives for not worrying or being anxious?

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8. How would your life be different if you lived the way Jesus sets forth in this passage? What is one decision you’re facing that you are anxious or worried about? How can your group pray for you as you seek to choose trust over fear with that decision?
9. What unique opportunities might God have for His people during this coronavirus pandemic? How could the situation look different if all believers first sought the kingdom of God together? List some steps that we can take to make the most of the opportunity in this season.