

**Do Not Be Anxious, Matthew 6:25-34** | Trent Thompson

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1. The purpose of our lives is bigger than whatever we are anxious about. (25, 33)
2. We are valuable to God. (26)
3. We are not accomplishing anything good by being anxious. (27, 34)
4. As our faith grows our anxiousness will shrink. (30)
5. We should be different than people who don't believe in Jesus. (32)
6. God will not withhold anything from us that we need. (32, 33)

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## DISCUSSION QUESTIONS

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Read Matthew 6:25-34

1. What were some of your takeaways from this text and the sermon?
2. Can you recall a time when you were anxious? How did you handle it and what was the result?
3. If you are more prone to be anxious, what do you think would be most helpful for those in your life who are not to understand about that?
4. Why do you think Jesus commands us not to be anxious? Why is this important to Him?
5. What are some strategies you have learned to fight against anxiety? Do you see any connection between those, and the things Jesus tells us in this passage?
6. Which one of the things Jesus reminds us of in this passage stood out to you most? Why? How can you use this truth when you begin to feel anxious?

Memory Verse: **Matthew 6:25, 33**

*<sup>25</sup> "Therefore I tell you, 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?" <sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be added to you.*

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