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*Hey leaders! We're in the final of "Life Tools." NEXT WEEK, we'll begin a series called "[Holy Spirit](#)." In this series, we'll learn to walk in step with the Spirit and live with purpose beyond our own ability. The Holy Spirit is God's presence in us—fueling our faith, guiding our steps, and empowering us for His mission. Through the Holy Spirit, we are filled with the power to serve, love, and share the gospel.*

***Thank you for shepherding a group of people to Love God, Love Others, and Live Sent!***

NEED A RESOURCE, HAVE A QUESTION, OR WANT TO HAVE A CONVERSATION?  
Let us know how we can help! Contact your groups director or [discipleship@rockbridge.cc](mailto:discipleship@rockbridge.cc)

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**"You don't have to know everything God is doing in your life.  
You just have to trust Him."  
[Henry Blackaby]**

**LEADER RESOURCES ||** **Leader Note** *We do our best to equip, empower, and encourage you to shepherd your group well. Access a resource by clicking on the underlined title and share them with your group!*

- **Passage Summary**
  - In this passage, Jesus invites us out of a distracted, comparison driven lifestyle. By constantly comparing ourselves to what others have, we miss what God has given us right now because we've ignored taking care of the soil of our hearts and focus on wanting to be someone we are not and things we don't have. Instead, Jesus invites us to be present where we are and trust Him by seeking His kingdom first. Worrying about all these other things can keep us from seeing the next step Jesus is calling us to take.
- **Matthew Ch. 6 Commentary & Do Not Worry**
  - Use the commentary and short video for background and encouragement. These would be good resources to share before you gather.
- **Being Fully Present With God**
  - This would be a good resource to share with your group after you gather.

**ENGAGE & CONNECT ||** **Leader Note** *The goal for the icebreaker is to prepare your group for the conversation ahead by connecting with one another's hearts and building joy together.*

What's the funniest or most creative excuse you've ever made to avoid doing something you knew you should do?

**BEGIN WITH PRAYER ||** **Leader Note** *Begin your time together thanking God for his presence and praying His word back to Him. Ask a few people to pray, taking a posture of humility and dependence!*

Spend a moment praying this passage, beginning your time together in humility and gratitude!

*“Trust in the Lord and do what is good; dwell in the land and live securely. Take delight in the Lord, and he will give you your heart’s desires. Commit your way to the Lord; trust in him, and he will act.”*

[Psalm 37:3-5]

**BIG IDEA || Leader Note** Read this aloud so your group knows the theme of today’s reading and discussion.

Be obedient where you are and trust God to lead you where He wants you to go!

**PASSAGE & DISCUSSION || Leader Note** Have people read aloud the passage as instructed. Your role is to FACILITATE, so keep your group moving along, encourage people to share, and look for opportunities to point out the grace and glory of God! Here are two reminders: 1) Every question does not have to be answered ... go where the Spirit leads! 2) Answers do not have to be read aloud ... they’re for guidance!

Have someone read aloud Matthew 6:25:34. Consider having someone read it again, possibly in a different translation, such as The Message.

1. Which example that Jesus used in this passage about worry challenges or encourages you? What other examples come to mind that could illustrate this? *This is a good opportunity to go first!*
2. What does Jesus mean when He says, “Isn’t life more than food and the body more than clothing?” What tension does that create inside of you? *Jesus is calling us to focus on eternal values, not material needs. Life’s purpose isn’t in accumulation or survival, but in seeking the kingdom and living in communion with God.*
3. According to v. 33, what should the believer’s priority be? What promise is attached to that priority? *The priority is to seek first the kingdom of God and His righteousness. The promise is that “all these things” (our basic needs) will be provided. Jesus invites us to shift our focus from self-preservation to spiritual pursuit.*
4. Comparison, pleasure, and distraction can be threats to our spiritual presence with the Lord. Which of these affects you the most today? How does that affect you?
5. How does our misplaced focus on “tomorrow” affect our ability to be present with others and God today? *Answers will vary: constant future-oriented thinking leads to missed spiritual opportunities, anxiety, and disconnection, creating a mindset of striving instead of resting in God’s daily grace.*
6. Why is being present a spiritual discipline, not just a personality trait we can say we do or don’t have? *Answers will vary: presence requires intentionality, not just temperament. It’s a spiritual practice of choosing to trust, focus, and respond to God’s voice today instead of being distracted or anxious.*
7. What desire in your life right now distracts you from focusing on God’s presence and provision? *It could be material ambition, fear of missing out, relationship longings, or status anxiety. These become idols that displace our focus on Christ’s kingdom.*
8. What could it look like for you to obey God “with everything you know” today, even if you don’t have answers for tomorrow? *Answers will vary: this might include confessing sin, making a difficult decision, engaging with a relationship, or choosing faith over fear in one area. Faithfulness today is key.*
9. What practices can we build into our group life that help us be present—with God, each other, and our mission? *Answers will vary: ideas include tech-free group nights, gratitude reflections, silence before prayer, regular check-ins, and choosing depth over busyness. These can help us build attentiveness to God’s voice together.*

**STEP OF OBEDIENCE || Leader Note** *This is an opportunity for people to put into practice what the Spirit is inviting them to do and live in obedience to God for the sake of love! You can encourage your group to be accountable to one another and use these to follow up with one another throughout the week.*

Jesus addresses a root issue in our spiritual lives—worry about the future. He compassionately and lovingly redirects our attention to the **faithfulness of God today**, inviting us to seek His kingdom and righteousness above all else. We can choose to be present, a life tool for spiritual freedom and purpose. God isn't asking us to figure out tomorrow; He's asking us to **obey today**. When we trust Him moment by moment, we discover joy, peace, and provision in surprising ways!

**As you consider your next step, here are two questions to reflect on:** 1) How is comparison stealing my joy and blinding me to God's provision today? 2) What area is the Holy Spirit prompting me to obey in—even without all the answers?

*Give your group a few moments to reflect on their answers to the questions above. Then have your group answer the question aloud. Feel free to separate into smaller groups of 3-4 for this question. The possible next steps of faith below are not for discussion, but simply a resource for your group members.*

### Possible Next Steps of Faith

1. Each morning this week pray: "Lord, help me to be fully present where I am today. Speak, and I will listen."
2. Write out Matthew 6:33 and place it where you'll see it daily—reaffirming your commitment to seek His kingdom first.

**PRAYER FOCUS || Leader Note** *Be intentional about saving at least 5-7 minutes for prayer at the end of your gathering each week to pray together. **THIS SUMMER, we will share creative and unique ways for your group to pray together.** Give these a try or simply pray for one another's personal requests!*

### Here I Am, Send Me

Today, let's prayerfully surrender the present to God in obedience and trust Him for the future.

- Open with this short prayer: "*Lord, help us to be faithful right where we are. We offer our work, relationships, waiting, and worries to you today. Lead us where you want us to go, and give us obedient hearts along the way.*"
- Invite each person to pray **two short sentences** using this format:
  - "Lord, help me be obedient in \_\_\_\_."
  - "I trust You to lead me in \_\_\_\_."
  - If someone prefers not to pray aloud, they can silently offer their prayer to God when it's their turn.
- After everyone has prayed, close by having the whole group say this declaration together: "God, we are yours—today and tomorrow. Help us walk in faith, step by step. Amen."