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"Never be afraid to trust an unknown future to a known God. "

[Corrie Ten Boom]

ENGAGE & CONNECT

Did you or someone you know have something really weird they were scared of as a kid?

BEGIN WITH PRAYER

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

*"Cast your burden on the LORD,
and he will sustain you;
he will never allow the righteous to be shaken. "*

[Psalm 55:22]

BIG IDEA

Inner rest and lasting peace are only found when Jesus and His Kingdom are our top priorities, chief pursuits, and deepest Treasures. Anxiety is a barometer of which kingdom is holding sway in your life.

PASSAGE & DISCUSSION

In the sermon we heard, *"Anxiety is not directly tied to our circumstances, but our thinking."* In the past, what "if only" have you thought would ease your worries? Did it help?

Matthew 6:19-34

1. According to Jesus, why should we store up treasures in heaven instead of on Earth?
2. What are some of the things Jesus says we don't have to worry about? What kinds of needs are these?
3. What do you do to serve God?
4. What do you do to serve money or "stuff"?
5. When you pray, do you ask for God to meet your basic needs? What needs do you ask for?
6. How do we "seek first the kingdom of God and His righteousness" ... what does first mean?
7. How do you distinguish between a need and a want?

8. What are some needs and wants we can ask God for together?
9. In the sermon we heard, *“Look up and think of who God is!”* What are some attributes of God that relate to the needs and desires we’ve expressed here already?”

STEP OF OBEDIENCE

Following Jesus’ teaching on anxiety is not a quick fix that cures every worry in a day. It is a *daily work of removing our hope in lesser things and instead trusting Jesus with our needs and desires*. Over time, this will build your hope on a stronger foundation, brick by brick, until nothing can be shaken, no matter the wind or the storm.

As you consider your next step, reflect on: 1) What have I been hoping in that my mind and heart knows is not a firm foundation? 2) What do I need to entrust to Jesus before I eat or dress tomorrow?

Step of Faith Ideas

1. Put your Bible closer to you on your nightstand than your phone so that you can spend a few minutes reading a psalm before interacting with a screen.
2. Find at least ten things that have accumulated in your home that you can donate this week. That is only two things per day for five days. We can be generous knowing that Christ will take care of our needs.

PRAYER FOCUS

Turning Worry into Prayer

Let’s commit together to take a closer look at the things we worry about and carry those burdens to the Lord in prayer as a group.

- “Whenever we’re tempted to let our minds worry this week, let’s identify the need or want and turn that endless loop into prayer for our needs and for each other’s needs.”
- Matthew 6:25-32 will be read aloud slowly, pausing after each phrase.
- In pairs, each person shares one takeaway that stood out to them and prays a short sentence aloud, like:
 - “Father, help me build Your heavenly kingdom, not my earthly one.”
 - “Lord, show me what needs I haven’t laid before You yet.”
- Close your time by reading this prayer together:
 - *“Help us seek first the kingdom of God and his righteousness, and all these things will be provided for us. Therefore, we won’t worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.”*

ADDITIONAL RESOURCES

- [Do Not Worry - Bible Project](#)
 - Use the Bible Project guide (includes a video and notes) for background and encouragement.