

Life Group Questions

Take a Breath (Part 1) “Don’t Worry” Matthew 6:25-34

Connect

Share with the group whether you’re a worrier or not. How did you become this way?

Engage

Read Matthew 6:25-32

- What does Jesus teach about our daily needs of food, drink, and clothing?
- Why does Jesus tell us not to worry about our basic needs?

Read Matthew 6:33-34

- What does it mean to “seek first God’s kingdom and His righteousness”?
- How are Jesus’ instructions to not worry about tomorrow helpful to deal with the trouble of today?

Apply

- How are “worrying about your needs” and “anxiety about tomorrow” challenges for you?
- What does “seeking first the kingdom of God” look like in your life right now.
How can you consciously live in the present this week?