



The Best Life

A SERIES THROUGH THE SERMON ON THE MOUNT

LIFE
GROUPS
WEEK 15 • JUN 28

NORTHSHORE'S COMPELLING STATEMENT

Hope changes everything.

ICE BREAKER

Think of a time when you were consumed with worry about something—your finances, your health, your family, or your future. Looking back, how did that worry actually change the outcome of the situation, if at all? What did it cost you while you were in the middle of it?

BACKGROUND

Matthew 6:25–34 falls within what is commonly called the Sermon on the Mount, Jesus' most extended recorded teaching, delivered to His disciples and the surrounding crowds on a hillside in Galilee. Chapters 5 through 7 of Matthew present this sermon as a comprehensive portrait of Kingdom living. The passage on worry flows directly from His declaration that *you cannot serve both God and money* (v. 24), making it clear that anxiety and divided loyalty are deeply connected.

In verses 25–34, Jesus issues a command—*do not worry*—and then builds His argument through two vivid illustrations drawn from nature. He points His listeners to the birds of the air, which neither plant nor harvest yet are fed by the heavenly Father, and then to the wildflowers of the field, which surpass even Solomon's legendary splendor without any effort of their own. His logic is simple: if God lavishes such care on nature, how much more will He provide for His own children who bear His image? Jesus offers a practical observation: worry cannot add a single moment to one's life. It is functionally useless and reveals a failure of trust in God's character and provision.

The passage closes with what has become one of the most well-known commands in all of Scripture: *But seek first his kingdom and his righteousness, and all these things will be given to you as well* (v. 33). Jesus does not promise a life free from need; rather, He calls His followers to reorder their priorities. The antidote to anxiety is not willpower or positive thinking—it is the active, daily pursuit of God's kingdom.

REVIEW

What was meaningful from the above context or the sermon from last Sunday?



KEY VERSES: Matthew 6:31-32

Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.

READ: Matthew 6:25-34



HEAD LEVEL: *What does it say? These help us to examine what the Word tells us.*

1. In v. 27, what does Jesus ask? What does this question reveal about the nature of worry itself? Is worry something contrary to the character of a disciple?
2. Read Romans 8:15-16. How does the concept of adoption as God's children help explain why Jesus can command His followers not to worry in a way He could not command unbelievers?
3. Jesus gives two examples from the natural world to teach about God's provision. What are those two examples? What specific point does Jesus make with each one about why worry is unnecessary for those who trust in the Father?


DEEPER DISCOVERY

Read the parallel account in Luke 12:22-34. What do you see that is different? What else did Jesus have to say related to being anxious?




Heart Level: *What does it mean? These questions help us shape our beliefs around the objective truth of God's word.*

1. The Father knows what you need before you ask (Matthew 6:8). What does persistent worry reveal about what you actually believe about God?
2. Many of our anxieties are about things that have not yet happened. How does living in the future, rather than in the present day, reflect a failure to trust God's promise to give daily grace?
3. Worry is often rooted in the belief that we must manage outcomes ourselves. What emotions arise when you consider truly surrendering outcomes to God?

 **HANDS LEVEL:** *What does it mean to me? These questions help us commit to live out the truth in our everyday lives and commit to potential next steps.*

1. What is one concrete habit you could begin this week that would reorder your morning or daily priorities around the kingdom rather than around your anxieties?
2. Consider someone in your life who is visibly consumed by worry--a family member, coworker, or friend. How might you to act on their behalf this week? Is there a way you could be an instrument of God's provision or peace to them

 **MEMORY VERSE:** Matthew 6:33
But seek first the kingdom of God and his righteousness, and all these things will be added to you.

PRAYER REQUESTS:

(Please remember that these requests are confidential and need to stay within the group.)