

VICTORY OVER WORRY

MATTHEW 6:25-34

“And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?” - Matthew 6:30

As you begin your group time use one or more of the following questions to get the conversation going:

Do you consider yourself a worrier?

What are you most likely to stress about and why?

What negative effects have worries had on your health? Your thoughts? Your productivity? Your relationships with others?

The presence or absence of worry measures our trust in God. As believers, we aspire to a single focus on God and a loyalty toward Him. In this passage, Jesus taught that worry is unproductive. Not only is it unproductive, it's the opposite of trust in God. So how do we have victory over worry? Let's see what Jesus had to say.

Jesus illustrated worry is **UNFAITHFUL BECAUSE OF OUR MASTER**. Read together **Matthew 6:25-27**.

According to these verses, what are three specific reasons Jesus gives us for not worrying about the basic needs of life?

What's required for us to take seriously Jesus' instruction not to worry about the necessities of life?

Jesus is establishing the fact that worry is illogical for the child of God. If God is the Creator of the world, including us, then will He not also provide for our needs? When we worry, what are we saying about our view of God and our relationship with Him?

How has worry hindered your faith and negatively impacted your relationship with God? What eventually helped you overcome that worry?

Jesus demonstrated worry is **UNNECESSARY BECAUSE OF OUR FATHER**. Read together **Matthew 6:28-32**.

Is it practical to depend on God for vital necessities like food and clothing? Why do you think He expects us to?

Trusting God with everything is easier said than done. What spiritual disciplines—such as prayer, worship, study, fasting, and so forth—have you found helpful for fighting worry?

Why do praising God and giving thanks undermine worry?

Read **Psalms 55:22** and **1 Peter 5:7**. What are some practical ways we can cast our anxieties on God?

Finally, Jesus shares that worry is **UNNECESSARY BECAUSE OF OUR FAITH**. Read together **Matthew 6:33-34**.

Practically speaking, what does it mean to “seek first the kingdom of God and His righteousness”?

How have you seen Jesus’ statement in verse 33 proven true in your life? How has faith eliminated doubt and worry for you?

Pray:

Pray that the work of Christ would overwhelm all lesser concerns, and that joy and abundant life would define the lives of those in the church. Pray for those in your group who are experiencing overwhelming worry in life and that God would provide an increase in their faith today.

Connect:

Declaration of Faith over Worry:

“I declare the Perfect Will of God over my life today; I declare the Life of Jesus over my day! I declare today, that as for me and my household, we will serve the Lord. My desires and passions are aligned with His desires and passions for me, and I declare that nothing appeals to me, that would not appeal to Jesus. I know that without faith its impossible to please God, so today I ask you Lord to strengthen my faith, and I affirm that I choose to trust in the Lord with all my heart today, and I walk according to the Spirit of Faith.”