

Careful What You Seek!

Matthew 6:25-34

I. Anxiety reveals misplaced _____. [25-30]

1. Worry focuses on the _____. (25)
(cf. Dt 8:3; Luke 12:15; John 6:27; Eph 2:10; 1 Tim. 6:6-8)
2. Worry ignores the Father's _____. (26-30)
(cf. Matt 6:8; 10:29-31; Phil 4:19; 1 Pet 5:7)
3. Worry reveals weak _____. (30 cf. Matt 7:7-11)

II. When God is First, Anxiety Loses Power! [31-34 *33]

1. Seek the Lord above all else! (31-33 cf. Jer. 29:13; Matt 5:6; James 4:8)

~ Seek Him _____. (cf. John 6:66-69)

~ Seek Him _____. (cf. Psalm 63:1)

~ Seek Him _____. (cf. Matt 5:6)

2. Trust God with your life! (33-34 cf. Prov. 3:5-6)

~ Trust God's _____. (cf. 2 Peter 1:3-4)

~ Trust God's _____. (cf. Phil 4:19)

~ Trust God's _____. (cf. Psalm 27:14; 37:7; Isaiah 40:31)

When God Is First, Anxiety Loses Power!

Opening

When you hear the word “**anxiety**,” what do you think people usually try first to fix?

Why does anxiety feel so powerful even for people who believe in Jesus Christ?

For Group Discussion: **From the Sermon: “Careful What You Seek”** [Matthew 6:25-34]

1. How does anxiety tend to shrink life down to material concerns (money, health, security), and what do we lose spiritually when that happens? (v.25)
2. How does anxiety distort our view of God as a loving Father? (vv.26–30)
3. What does Jesus mean by “little faith” in this passage? (v.30)
4. What does it practically look like to “seek first the kingdom of God” in everyday decisions, not just in crisis moments? (vv.31–33)
5. Which aspect of seeking God do you find most challenging right now—personally, continually, or sincerely—and why?
6. How does trusting God differ from simply asking God for help? What areas of your life are hardest to fully place under His rule? (vv.33–34)
7. Which is hardest for you to trust right now: God’s promises, God’s provision, or God’s timing? What makes that difficult? (v.34)
8. What is one concrete step you could take this week to put God first and loosen anxiety’s grip on your heart?