

The Jesus Way

DISCUSSION GUIDE | March 8, 2026

BIG IDEA

Jesus invites His followers to trade worry for trust.

Message title: *Do Not Worry*

Scripture Reading: Matthew 6:25-34 NIV

Worry is a common human experience that can steal joy, complicate relationships and destroy potential. Fortunately, Jesus offers His followers a remedy to worry. Trust in God opens the door to a completely different way of living.

- 1. What are the things you personally tend to worry about the most when you think about tomorrow?*
- 2. Have you ever experienced a situation where worrying actually made things worse rather than better?*
- 3. When do you most often find yourself “borrowing trouble from tomorrow and bringing it into today?”*
- 4. Have you ever noticed that worry shrinks our life down to the size of the problem?*
- 5. What do you think it might look for you to “seek first the kingdom of God?”*

THIS WEEK'S CHALLENGE

Every time worry appears this week, re-label it “tomorrow” and remind yourself that it’s tomorrow’s concern. Then look for one small way to participate in what God is doing today!