

Growth Group Questions – 28/2/2021 – Jack Kapinga

1) Share some of the signs and symptoms that you experience when worry becomes an issue in your life.

2) We all have troubles and struggles so how would you describe the difference between normal thought and concern about those matters on the one hand and worry and anxiety on the other?

Read Matthew 6:25-34.

3) How might it help to think of this passage less like a cold heartless command and more like a loving pastoral visit from Jesus?

A reason not to worry based on wisdom.

4) Describe in your own words the simple wisdom of Jesus in verses 27 and 34.

A reason not to worry based on trust.

5) How would you summarise the message of verses 26 and 28-32?

6) How does it make you feel to know that your heavenly Father sees you as valuable and promises to provide for you?

7) To what extent do you think that our worries arise from our lack of real trust, reliance and confidence in the Lord?

A reason not to worry based on priorities.

8) How do verses 25 and 33 help us to keep our problems, even our saddest and severest problems, in the right perspective?

9) What does it mean to seek God's kingdom and righteousness first, and how does doing so help us not to worry?

10) Share how this passage could change your life?