

“Jesus Arrests Our Worry”

Matthew 6:25-34

Opening Questions – Choose one.

- What did you tend to worry about most as a child or teen? Did those worries end or not & Why?
- A well-known counsellor has called anxiety “the official emotion of our age”, “the basis of all neurosis” and “the most pervasive psychological phenomenon of our time”. Do you think people are worried more than in previous generations? Why or why not?

Discussion Questions

1. **Read Matthew 6:25-34.** Which of Jesus’ words or illustrations did you find most: confusing? Clarifying? Impactful?
2. Jesus begins this section on worry or anxiety by saying, “*Therefore* I tell you.” How can the choices we make in verses 19-24 affect: (a) what we worry about, and (b) how much we worry?
3. What is the difference between normal “concern” and anxiety (“overconcern”)?
4. Why is it foolish to be worried (“overconcerned”) about our physical & material needs (vv.25-30)?
5. What prescriptions does Jesus give to help us limit or eliminate worry? Which of these have you tried? How effective have you found them to be?
6. What visible difference(s) should be between “pagans” and God’s children (vv.31-34)?
7. **Read Philippians 4:4-9.** What was happening in Paul’s life at this time that he could be tempted to worry about?
8. What do you do to relieve stress from worry in your life? What does Paul say we should do?
9. How does what you think about affect how you feel? How does it affect your relationship to God?
10. On a scale of 1 to 10, what is the current stress level in your life?

Use verse 6 as a guide to close with prayer.