

Group/Individual Study

Series: Questions Jesus Asked: "Why do you worry?"

Passages: Matthew 6:25-34

REFLECT on the message heard Sunday, 10/8

1. Read Matthew 6:25-34. What types of things does it seem like people worried about in Jesus' day? What things do people tend to worry about today? How are these the same? How are they different? Do you think Jesus' word to us regarding worry would be the same now as it was then? Why or why not?
2. Read verse 6:33 carefully. Jesus lays out in this verse a "counter-strategy" to worry. What are the elements of the alternative Jesus gives us to worrying? Think of a particular area of worry in your life. What would it look like in the context of that specific worry for you to live Jesus' strategy?
3. Read verse 6:34 again. It seems like Jesus treats dealing with the issues that actually need to be addressed today, differently than He treats our fearful imaginings about things that might happen in the future. How would working Jesus' plan in this regard lighten our load of worry?
4. A person once made an acronym from the word FEAR: **F**alse **E**xpectations **A**ppearing **R**eal. What percentage of the fearful future scenarios you worry about actually come to pass? Yet we can't get back the time and energy we've wasted worrying about these things that will never happen. What do you think Jesus would rather have us spend that wasted time and energy doing?
5. The word used for "worry" in these verses comes from the Greek word for "to divide into pieces." How does worry divide us into pieces? How does being divided into these pieces harm us? How does trusting God unify us?
6. There is an inverse relationship between God and our worries: when we make much of our worries, God begins to seem smaller; and when we make much of God, our worries seem smaller. What strategies have you found that help you "make much of God?" How do they help you with your worries?