



Beyond Sunday

UpsideDown Kingdom — 1.25.2026

The Thermostat (Who is King) — Mark Tumney

Gather

These questions help build connection and ease the group into the theme.

1. What's a small, everyday thing you like to have control over (schedule, temperature, plans, etc.)? Why do you think that matters to you?

Grow

These questions help us engage Scripture and reflect on what Jesus teaches about control, trust, and the Kingdom.

Read Matthew 6:24

1. Jesus says we cannot serve two masters—not that we *shouldn't*. What do you think He's saying about how life actually works?
2. In this passage, Jesus names money as a rival master. What are some other "rival kings" that compete for authority in our lives today?
3. Why do you think these things feel so compelling or trustworthy?

Read Matthew 6:25–32

4. What stands out to you about how Jesus addresses worry in this passage?
 - What does He not say?
 - What does He invite people to notice instead?
5. How does Jesus' use of the word "**Father**" shape the way we hear this teaching on anxiety and trust?

Read Matthew 6:33

6. What do you think it practically means to "seek first the kingdom of God" in everyday life?

Give / Go

These questions move the conversation toward application and life change.

1. Thinking about the "thermostat" metaphor, where do you most feel the urge to control right now?
2. What might it look like this week to let Jesus have the *final say* in that area?
3. What is one small, faithful step you could take to practice trust instead of control in the days ahead?

Prayer

Create space to respond to God together.

- Invite the group to share:
 - Where are you feeling anxious, tired, or burdened right now?
 - Where do you need help loosening your grip?

Going Deeper

For those who want to explore this theme further during the week.

- **Video:** [BibleProject - Passage insight - Do not worry.](https://bibleproject.com/videos/passage-insight-do-not-worry/)
 - <https://bibleproject.com/videos/passage-insight-do-not-worry/>
- **Podcast:** [Become New Podcast: How to Seek the Kingdom of God \(Matthew 6:33\)](https://www.youtube.com/watch?v=pwD3oehvB5I)
 - <https://www.youtube.com/watch?v=pwD3oehvB5I>
- **Practice:** Pray the Lord's Prayer Daily (Matthew 6:9-13)