



# AT HOME REFLECTIONS

1. What impacted you more about this message on overcoming worry—and why?
2. Why do you think Jesus asks, “Is not life more than food and the body more than clothing?” What eternal perspective is He inviting us to see? How can remembering God’s eternal riches, peace, and provision help us fight daily worry and anxiety?
3. What lessons can we learn from the birds of the air about trusting God with our needs? What does the beauty and care of the lilies of the field reveal about God’s heart toward creation and us?
4. Why do you think Jesus calls out “you of little faith”? How does that phrase challenge or encourage you personally?
5. How does understanding your worth to God change the way you handle worry? Jesus compares us to hidden treasure and a pearl of great price (Matt. 13:44-46). What does this say about how God views you?
6. What does it practically look like to “seek first the kingdom of God” in your daily life? What are some things that often take the place of God’s kingdom as our first priority? How can we reorder our pursuits?