

spiritual infant

DISCIPLE ME

THE ONE ABOUT WORRY



ICEBREAKER: THE WORRY JAR

Imagine for a moment that your family had a “Worry Jar,” where every time you notice that someone in your home was worrying, you had to drop in a small stone - how full do you think your jar would be after one week?

Spend a few minutes sharing what kinds of things tend to fill your jar. What are the worries that tend to grab your attention or keep you up at night?

READ: MATTHEW 6:25

In the passage we’ll explore today, Jesus tells His followers something surprising. He says:

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.”

That might sound unrealistic at first. How could we possibly *not* worry about those things? But Jesus isn’t being careless. He’s offering a new way to think about the things that usually weigh us down.

STUDY: MATTHEW 6:25-34

Read this entire passage slowly together. As you read, pay attention to each of the examples Jesus uses — birds, flowers, and the kingdom.

Take a few minutes with your discipleship partners to identify what Jesus says *not* to worry about, and what He says we *should* focus on instead. If you can, list them below.

What we SHOULDN'T worry about.

What we SHOULD worry about

DISCUSS:

- What are the things that tend to cause you the most anxiety or stress right now?
- When you read Jesus' command "Do not worry," does it feel freeing or frustrating? Why?
- Jesus says God takes care of birds and flowers. What might that say about His attention to your life?
- What does it mean to *seek first the kingdom of God* in a practical, daily sense?
- How might focusing on God's kingdom actually reduce your worry instead of adding more to your to-do list?

WATCH: DO NOT WORRY

Use the QR code to watch a short video that illustrates how worry can take over our thoughts - and how Jesus' teaching offers a new focus for our attention. As you watch, consider the difference between **control** and **trust**.



READ: PHILIPPIANS 4:6-7

After Jesus' teaching, Paul later echoes the same idea to the church in Philippi:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

- How is Paul's instruction similar to what Jesus said in Matthew 6?
- What does it mean to "present your requests" to God with thanksgiving?
- When have you experienced God's peace in the middle of something you couldn't control?

CHALLENGE: TRADE YOUR WORRY

- This week, take 10 minutes to write down the top 3 things that you've been worrying about lately. Next to each one, write what it would look like to *seek God's kingdom first* in that situation. Think about what obedience or trust might look like in those areas ... in your real everyday life.

Then, take those notes and pray through them, one by one, asking God to trade your worry for His peace. Text your discipleship group sometime this week and share one thing from your list that you're choosing to hand over to God.