

Why Worry?

Matthew 6:25-34

Jesus' **sermon on the mount**, which is found in Matthew and Luke is a **radical picture of what kingdom life** looks like. In Matthew chapter six, Jesus talks about how and why to give, pray, forgive, fast, deal with our stuff, and ends with the cure for care.

Read Matthew 6:25-34.

Jesus begins with "Therefore" or "for this reason". What is Jesus referring to, and what's the **context** to what He's about to communicate?

The Greek word we put "worry" on is defined as **anxious and distracted**. What causes you to become anxious and or distracted? Do you recognize this as not God's will?

How do you toe the line of **being responsible for your care without being untrusting**. Can you identify when you're taking control?

How do you respond to the words, "are you not much more **valuable** than they"?

Does the challenge of "**little faith**" resonate with you, if so, how?

What does it mean to "**seek first his kingdom and his righteousness**"? What does this look like in the day-to-day. He's not just asking us to stop worrying but to replace it with focusing on Him and the kingdom. How do we do this?

What's something that you've been worrying about or distracting you that can be brought before God?