

1. What life situations make you the most anxious? How do you tend to cope with your anxiety? What helps you to become less anxious?
2. Read Matthew 6:25–34. What two “lesser to greater” arguments does Jesus use to demonstrate why worry is not necessary for those who trust God? What do these arguments tell us about how God views humanity? How does that give you confidence?
3. Read Matthew 6:31–32. What does the world value the most, and how do we tend to slip into patterns of thinking that reflect worldly values that also cause us anxiety? How does knowing that God knows everything change our perspective?
4. Read Matthew 6:33. What does Jesus say ought to be the emphasis of our seeking? What does he mean by “these things”?
5. How do we know that Jesus isn’t simply promising an easy life from this text? How do we avoid thinking this is a great opportunity to “Name it and claim it!”? Read Philippians 4:4–13. How does Paul’s teaching add clarity to this passage? What does he say that challenges you? What does he say that encourages you?
6. Read Matthew 6:34. Ask God to help you rest in the present with him today. This week, when you sense anxiety coming, read this passage again and ask the Lord to help you realign with His priorities. Take a few notes about your experience. And at the end of the week, give God thanks for how He has helped you through whatever bouts of anxiety you faced.