

CONNECT AND GROW

The Jesus Way: Do Not Worry

Matthew 6:25-34

October 25, 2026

Icebreaker: What is one thing you wish you could stop worrying about?

Opening Discussion: Looking back on your Message Notes, what stands out to you the most?

Study Summary: Jesus gives us several reasons and illustrations for why we don't need to live consumed by worry. Again and again, He calls us to look beyond our circumstances and remember the character and care of our loving heavenly Father.

Digging Deeper:

Read Matthew 6:25-34

1. Jesus points to birds and flowers as examples of God's care. What do these examples reveal about God and the way He cares for His creation?
2. Why do you think Jesus uses ordinary things in creation to teach us about trusting God?
3. What are some things that can make it difficult for us to believe that God will take care of us?

Read Matthew 6:27

4. Jesus asks, "Which of you by being anxious can add a single hour to his span of life?" What does this teach us about what worry can—and cannot—accomplish?

5. What is the difference between being **concerned about something** and being **consumed by worry**?
6. Why does our mind so easily jump ahead to “what if?” questions? What happens when we spend too much time living in a future that hasn’t happened yet?

Read Matthew 6:31-32

7. What are some common “what if” questions people struggle with?
8. Jesus says, “Your heavenly Father knows that you need them all.” How does remembering that God already knows our needs change the way we face uncertainty?
9. What are some practical ways we can interrupt the “what if?” cycle and turn our attention back to God?

Read Matthew 6:30-34

10. Why can it be helpful to actually **name our worries** rather than simply carrying a general sense of anxiety?

11. What is the difference between carrying a burden by ourselves and bringing that burden to God?

12. Jesus says, "Seek first the kingdom of God and his righteousness." What does seeking God first look like when you are facing something that worries you?

13. How can worship help us see our circumstances differently?

14. How does the Gospel give us a reason to trust God even when we don't know what tomorrow holds?

Challenge for the week:

When worry comes this week, **stop and look up**. Take a short walk or pause to notice something in creation. Use that moment to remember: **the God who cares for His creation cares for you even more.**

As worry comes, practice replacing “**What if?**” with “**What do I know to be true about God?**”

Use the fill in the blank tool to memorize **Matthew 6:19–34** so that God’s Word can come to mind when worry begins to take over.

Prayer:

Heavenly Father, thank You for knowing what we need even before we ask. When we worry about tomorrow, remind us of who You are and how deeply You care for us. Help us to name the things that worry us, release our need to control what we cannot control, and trust Your care and provision. Teach us to seek Your kingdom first and to live faithfully in the day You have given us. Thank You that through Jesus, we can face tomorrow with confidence because our lives are secure in You. In Jesus’ name, Amen.