

Do Not Worry: Seek First The Kingdom | Matthew 6:25-34

1. Verse 25:
 - Jesus tells us not to worry about our life, what we will eat, drink, or wear. Why do you think Jesus begins this section with the command, "*Do not worry*"?
 - How does this instruction challenge the way we typically approach our daily needs and concerns?
2. Verses 26-27:
 - Jesus uses birds as an example of God's care. What can we learn from the birds about trusting God for our needs?
 - Verse 27 says that worrying cannot add a single hour to your life. What are some ways worry can actually harm us spiritually, emotionally, or physically?
3. Verses 28-30:
 - Jesus compares the beauty of flowers to human worries about clothing. What point is He making about God's provision through this illustration?
 - Jesus says, "*Will He not much more clothe you, O you of little faith?*" How does worry reveal a lack of faith in God's care? In what areas of your life do you struggle with trusting God?
4. Verses 31-32:
 - In verse 31, Jesus repeats the command not to worry. What does He say differentiates the concerns of believers from those of "*pagans*" (non-believers)?
 - How does knowing that "*your heavenly Father knows that you need them*" change the way you approach your needs?
5. Verse 33:
 - Jesus calls us to "*seek first His kingdom and His righteousness.*" What does it mean to seek God's kingdom and righteousness in the context of this passage?
 - How might seeking God's kingdom and righteousness change the way you handle worries about your future or material needs?
6. Verse 34:
 - Jesus concludes by saying not to worry about tomorrow because "*each day has enough trouble of its own.*" How can we apply this wisdom to our lives, especially when facing anxiety about the future?
 - What practical steps can you take to live more in the present and trust God with your future worries?

Reflection:

What are some specific areas in your life where you need to surrender your worries to God?

How can you remind yourself of God's faithfulness when anxiety begins to creep in?