1. What are some things you spend a lot of time worrying about? How has worrying affected you?

Read: Matthew 6:25-33

1. Do you agree with the statement that worrying is acting like you don’t believe God’s promises?
2. How does it feel to know that God cares about you and is going to take care of you?
3. How does the flower analogy put into perspective how silly it is to worry about clothes?
4. What are some ways you can seek the kingdom of Heaven first?
5. Why do you think we worry so much, even though we know God will take care of us?
6. Why do you think God tells us not to worry?
7. Does talking to God about the things you’re anxious about help you worry less?
8. How do you think God feels when we worry about things He’s already said He’ll take care of?
9. What can you do this week that will help remind you to not worry?