

On a scale of **1** to **10** (**1** being '**hardly ever anxious**' and **10** being '**almost always anxious**'), how would you rate yourself, and why?

What regularly makes you anxious? What would you say worries you most?

Read **Matthew 6:25-34** and discuss the following.

How many times in this passage does Jesus tell us to not be anxious? Why do you think He's so repetitive concerning this issue?

What other phrases are repeated? How do they help us interpret this passage?

Jesus tells us that we should trust our Father in heaven to provide for us. What examples of God's provision does Jesus give?

How are we like birds and lilies? How are we different? Explain.

According to Jesus what are some reasons for our anxiety? What is its root cause?

What does it look like to "*seek first the kingdom of God and His righteousness*"? How is this different than the Gentiles' seeking?

How does this passage of Scripture reinforce what Jesus has already said earlier in this same sermon? Explain.

How can we tangibly fight against anxiety when we feel it coming on? What preemptive measures can we take?

What is making you anxious about tomorrow (*or this upcoming week*)? How can we pray together for one another?