



Choosing Anxiety [Matthew 6:25-34]

exercise

As a group, tape a large sheet of paper to a wall where everyone can see it. One by one, take turns to write on the sheet something you consider essential to contentment in life. After each item is written down, as a group, take a quick vote to see if the item stays. Majority wins. Simply put a line through the item if it does not gain enough votes.

After you run out of items, discuss your list. How does the resulting list measure up to your own life currently?

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text

In verse 30 of the text, Jesus says, “But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?”

What do you think Jesus meant when he describes his disciples as “you of little faith”? Imagine you were there among the disciples. How would you personally hear and respond to these words?

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community

In groups of three or four, share about something that is causing deep anxiety.

Is there a seeking of redemption behind this anxiety? If so, what does it look like? Or is it a fear of something? If so, try and describe the fear. Pray for each other afterwards.