



SMALL GROUP CURRICULUM

Sermon: **“A Few Good Reasons to Avoid Anxiety” (Matthew 6:25-34)**

Date: **January 13, 2019**

Anxiety is an epidemic in our world today. Many people in Canada no longer trust in the Lord as they once did. Thus, it is no coincidence that as society pulls away from Christianity, depression and anxiety disorders are on the rise. Many want to treat anxiety with a pill, but at its core anxiety is a spiritual issue. In this week’s text, Jesus has a word for anxious hearts. We are back in the sermon on the mount this week as we study Matthew 6:25-34. In this passage, Jesus commands us not to be anxious and he gives us several compelling reasons as to why we shouldn’t be anxious. He encourages us to consider what God has given us. He tells us to look at the birds of the air and the flowers of the field. If he takes care of them, surely will he not also take care of his children? When we focus our attention on who God is and what he has done for us, when we seek first his kingdom, we quickly realize that we have no reason to worry about our earthly needs. We can rest in him and trust in his sovereign grace.

What you need for this study: Bible, Notebook, Pen

Individual Bible Study

1. Please read Matthew 6:25-34 and ensure that you’ve listened to Sunday’s sermon.
 - a. How many times does Jesus say, “Do not be anxious...” in this passage? What does this tell us about the seriousness and significance of this command?
 - b. Jesus says in verse 25, “Is not life more than food, and the body more than clothing?” Explain his reasoning here and how this should help us fight worry.
 - c. Why does Jesus tell us to “look at the birds” in verse 26? How does looking at birds help an anxious person?
 - d. What reason to fight worry does Jesus give us in verse 27? Explain this verse.
 - e. Read verse 28-30. What reason does Jesus give us in these verses? Explain his reasoning in your own words.
 - f. What reason to Jesus give us in verse 32? How does considering the lives of unbelievers help us to fight worry?



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- g. In verse 23, Jesus tells us to seek first the kingdom of God before we seek anything else. How does this help us fight worry and anxiety? If we pursue “all these things” more than we pursue the kingdom, how might that lead to greater anxiety?
- h. Jesus gives a final reason to not be anxious in verse 34. Explain it and how it helps us fight off worry and anxiety.

Group Discussion Questions

1. How did the Holy Spirit speak to you through the sermon and the Bible study this week?
2. Anxiety problems are on the rise in our society today. Why do you think that is?
3. Is it a sin to worry? Why or why not? Why is it important to understand and believe this?
4. In this text, Jesus gives several examples of things that we might be tempted to worry about. Which of these “worries” do you find yourself most likely to worry about? Why?
5. Jesus also gives us several reasons not to worry. Which reason do you find most compelling? Why? How can we use these reasons to fight worry and anxiety in our lives?
6. Jesus promises to add everything He knows we need when we seek first the kingdom of God and his righteousness. How can we practically do this in our day-to-day lives? How can we ensure we are striving for the right things?

Accountability Question

Is there anything in your life right now that is causing you to worry? What is it? How can you seek to better trust God in this situation?