

Jesus on Anxiety

Matthew 6:25-34

Our best defense against anxiety is a relationship with God!

Don't be anxious about:

1. Your life (v25-30)

2. Your needs (v31-33)

3. Your future (v34)

FOR FURTHER THOUGHT:

1. It's been said that mankind is the only creature capable of anxiety. Do you agree or disagree? Why?
2. What reason not to be anxious does Jesus give in v25? What does our culture think is the meaning of life? What do you say?
3. What reason not to be anxious does Jesus give from nature in v26 and 28-30? Notice a couple of words that repeat. What's the point regarding birds (v26)? What's the point regarding grass (v30)?
4. What reason not to be anxious does Jesus give in v27? Can you think of some things you wish you hadn't worried about?
5. Read v32. What other words might you use for "Gentiles"? How does Jesus describe God in this verse? What's the point? How does your relationship with God affect your anxiety level?
6. What reason not be anxious does Jesus give in v34? How much of tomorrow can you control?
7. How would you sum up this section in a sentence?