

# Don't Worry About Tomorrow

## Small Group Guide

**Warm-up Question:** (Choose one, make up your own, or skip this part all together, depending upon the nature of your group.)

1. Are you afraid of insects, reptiles, or other such creatures? Explain.
2. What is one great day in your life that you would enjoy living again?

**Read the following passage:** Matthew 6:25-34.

We are living in a highly anxious world. So, too, were the first-century Jewish men and women that Jesus addressed in the Sermon on the Mount. Jesus's teaching encourages us to do four things to address our anxiety: 1) Name the sources of our anxiety; 2) Resize our fear; 3) Apply God's truth; 4) Replace our worry with the pursuit of God's kingdom.

**Questions for Discussion** (Choose several that are relevant for your group):

1. What are the biggest sources of worry or anxiety in your life right now? If you are not currently dealing with any significant concerns in the present, in what areas do you think you are most prone to feel anxious or afraid?
2. Which of the following, if any, are the most common signs of anxiety in your own life?
  - Imaginary conversations with the people causing you anxiety
  - Impatience
  - Emotionally strong responses to relatively minor issues
  - Doing more at home or at work
  - Starting new projects or initiatives
  - Tense muscles
  - Elevated heart rate
  - Thoughts racing through your mind or trouble concentrating
  - Difficulty sleeping
  - "Self-medicating" through alcohol, drugs, spending money, watching porn, etc.
  - Other?
3. Read Romans 8:35-39. How can the realities that Paul describes in this passage help us "resize" our fear?
4. "Wisdom is always vulnerable to cynicism because we live in a broken world." Explain the key ideas behind this statement. Do you struggle with cynicism? What can help you break out of cynicism or disillusionment?

5. Jesus's teaching in Matthew 6:25-34 is a reminder that God does not intend for us to build our lives on a foundation of fear. What should we build our lives on?
6. Jesus told the people that instead of worrying about even the most basic necessities of life (food, water, and clothing) they should seek God's kingdom and his righteousness. What might that look like for us practically?

**Pray**