

Small Group Discussion Guide (1.7.24) — Read Matthew 6:25-34

- What is the connection between our passage last week (vs. 19-24) on storing up treasures in heaven with our passage this week (vs. 25-34) on anxiety? How might the place money and possessions occupy in our hearts affect our level of anxiety?
- According to the end of vs. 30, what does Jesus call ‘anxiety’? How is anxiety “a distrust of God”? Why is this often an ‘acceptable’ or ‘tolerated’ sin among Christians today?
- How does this definition differ from that of modern psychology? How should Christians express sympathy, care, and love toward one another in this area? What are some things that might increase anxiety in our lives or our propensity to worry?
- Jesus mentions six things to help us in our fight against anxiety in our lives. What were those? Which one(s) stood out to you most and why?
- What are the things in your life right now that you are most prone to being anxious or worrying about? How might Jesus’ words here help you to battle that particular anxiety?
- Joshua gave four specific and practical ways of fighting anxiety. Which one did you find to be most helpful and why?
- What are some ways we could help one another in this very common struggle?