

March 8, 2020  
Dave Gustavsen

**Kingdom Come**  
**Worry**  
Matthew 6:25-34

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Introduction

1. Briefly share with the group:
  - a. Is worry and anxiety something you experience or have experienced?
  - b. When Jesus said, “Can anyone of you by worrying add a single hour to your life”, do you feel any pushback on that? Do you sometimes think worrying can **help**?

Understanding

*Before beginning, read this week’s passage out loud.*

2. Pastor Dave said that worry at its core is a spiritual issue. What does he mean by this?
3. *Read Matthew 6:26-32.*
  - a. What are the three examples of worry that Jesus refers to?
  - b. Take time to discuss these three examples and how they relate to worry we are faced with.
4. *Read Matthew 6:34.* Pastor Dave talked about three aspects of “seek[ing] first his kingdom”.
  - a. Our Priorities- What are the things that fill up your time, claim your energy, and consume your thoughts?
  - b. Our Prayers- When you pray, are you praying with thankfulness and thoroughness?
  - c. His Promise- How does having the peace of God guard against worry?

Application

5. Are there any changes that God is nudging you to make after reading his word, listening to the sermon, and discussing together? Share with the group and then pray for other another.