

## **Matthew 6:25-34 "Being Non-Anxious People of the Kingdom"**

### **Read Matthew 6:25-34.**

1. Does reading this passage bring you anxiety or relief? Why?

*This passage can provoke these or other reactions, since Jesus' teaching can come across as simplistic or even painful for one who struggles with anxiety. Allow space for whatever feelings arise. Take some time to ponder your own feelings around this passage. Do you find it hopeful? Discouraging? Share with the group.*

2. Food insecurity is a growing problem in our world. What do you think about Karen tracing it back to Genesis 3 (specifically verse 17)? She mentioned greed, fear, and wastefulness as some of the ways this plays out. Can you think of others?

*To say "sin" is the problem for food insecurity is true but also a simplistic answer. What are some of the ways we contribute to food insecurity through sin? How do we see it played out around the world?*

3. What does seeking God's kingdom and his righteousness mean to you?

*This is a well-known verse and it's likely that people in your group have thought about it before. In the sermon it was suggested that it means trusting God, and acting out of that trust, so that the kingdom begins taking shape where we are as we share our resources and our trust.*

4. Have you ever been anxious about something and seen God provide? As you feel comfortable, share with the group.

*This is to encourage stories of God's faithfulness, and in doing so remind ourselves and each other that we do have a good God who cares about our struggles. Try to have a story ready in case people are struggling to share.*

5. As you feel comfortable, share some of what causes you anxiety these days. Take time as group to pray for each other.