

**Discussion Questions**  
Anxiety (Matthew 6:25-34)

**1. Is there a particular thing that you tend to get anxious about more than others? (finances, relationships, health, time, etc.)**

**2. How do you usually cope with your anxiety? Are there particular methods you have found that help you more?**

**3. In Matthew 6:25-34 Jesus gives his disciples 5 questions to ask that help ease our anxiety:**

1. Is there more to life than food and clothing?
2. Are you more valuable than birds?
3. Ultimately, what good does worrying do for you?
4. Are you more valuable than flowers?
5. Do you trust God...really?

Discuss each of these questions and consider how knowing these truths help to ease anxiousness.

**4. The big idea is not to be anxious and to instead focus on seeking God's kingdom. Seeking God's kingdom in part means to focus on...**

1. living right before God
2. helping others know God
3. serving others like God

What has God been teaching you in these 3 areas of life? How has it been helping you to focus more on God's kingdom and less on your day-to-day worries?