

Christ's Counsel to Anxious Hearts

Matthew 6:25-34
Small Group Questions
WEEK OF APRIL 26-MAY 2, 2026

- (1) Read Matthew 6:19-34.
 - (a) How does what Jesus says in vv 19-24 connected to what Jesus says in vv 25-34?
 - (b) What was the main point of the sermon and what Jesus is saying in this passage?
- (2) How come anxiety is such a common problem, both for Christians and unbelievers?
- (3) What does it tell you that Jesus spends such a significant part of chapter 6 addressing our anxiety?
- (4) What do these passages tell us about the importance of our mind/thinking in the battle against sin?

Romans 6:9-12
2 Corinthians 10:3-6
Romans 12:1-2
Philippians 4:8-9
- (5) What are the things that Jesus tells us to set our mind/thinking on in Matthew 6:25-34 (the things He tells us to "consider/look at")? Why is each significant and helpful?
- (6) Jesus not only tells us where to set our minds, but how to direct our lives in verse 33. What is the direction we are to seek – what is our single-minded aim to be? What does this mean in practical terms (get specific!)?
- (7) This wasn't in the sermon, but it's remarkable how directly the petitions of the Lord's Prayer address our anxiety as Jesus addresses it in our passage. Read through the Lord's Prayer in vv 9-13 and discuss the ways in which these prayer points help us "seek first His kingdom and righteousness" as He "adds to us" the things we need.
- (8) Read these two key passages on anxiety: Philippians 4:4-9 and 1 Peter 5:6-9.
 - (a) How do these dovetail with what Jesus tells us in the Sermon on the Mount about anxiety?
 - (b) Pray together and for one another as you strive to cast your anxieties on your loving Father.