

Seek First

The Kingdom of God

STUDENT STUDY GUIDE - WEEK 1

MATTHEW 6:25-34

Follow along with today's sermon! Use this as your outline for notes, and take time to reflect on the passage throughout the week.

Life is full of uncertainty- we often don't know what's going to happen next. But what does Jesus have to say about worry? **Matthew 6:34 - "Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own"**

1. Focus on God's _____ instead of material concerns.
2. Examples used by Jesus:
 - a. Birds of the air: they don't _____ or _____, yet God feeds them.
 - b. Flowers of the field: they don't _____ or _____, yet they are beautifully clothed by God.
3. Worry is a natural response to _____.

Additional Notes: _____

Reflect: How do you typically respond to uncertainty? _____

Reflect: What do you think Jesus is saying about how we should view our basic needs? _____

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The problem with worrying is that it doesn't add any value to life. **Matthew 6:27: "Can any of you by worrying add a single hour to your life?"**

The difference between appropriate concern and worry:

1. _____ is healthy and drives action.
2. Worry is when concern _____ and controls you.

Additional Notes: _____

Reflect: What's the difference between feeling concerned and feeling overwhelmed by worry? _____

Reflect: Have you ever found it hard to stop worrying about something? _____

What is the source of worry, though? Worry is a reflection of a lack of faith in God's provision.

1. Jesus's gentle challenge to his followers in Matthew 6:30: "you of _____"
2. The core of worry is a _____ issue.
3. Trust that your heavenly Father knows what you _____.

Additional Notes: _____

Reflect: How might faith change the way we view uncertainty? _____

Reflect: Do you ever confuse your wants with your needs? How might this affect your worry? _____

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1. _____ is healthy and drives action.
2. Worry is when concern _____ and controls you.

Additional Notes: _____

Reflect: What might it look like for you to "seek first" God's kingdom in your life? _____

Reflect: What are some practical ways you can remind yourself to trust God when you feel anxious?
