

# Seek First

The Kingdom of God

**SEEK FIRST**  
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**The Chapel**  
**September 22, 2024**

## PERSONAL STUDY \_\_\_\_\_

**Directions:** Use this for your personal devotion time and/or to prepare for your Small Group discussion.

### **Scripture Passage: Matthew 6:25-34**

25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?

28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

## SCRIPTURE QUESTIONS \_\_\_\_\_

**Directions:** Read the passage and record your observations.

1. What is the "big idea" of the passage? \_\_\_\_\_

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2. What main life application question does the passage address/answer? \_\_\_\_\_

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3. What is one way you can apply it this week? \_\_\_\_\_

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## GROUP STUDY

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**Directions:** Use **BOTH** the personal and group questions for your group's discussion.

**OPENER** – Share with your group something that you are worried about right now.

### Q1 – The Benefits of Worry:

- a. Jesus says in Matthew 6:27, "Can any one of you by worrying add a single hour to your life?" Why do we struggle to stop worrying, even when we know this truth?
- b. How do you tell the difference between normal concern and unhealthy worry?

### Q2 – The Source of Worry:

- a. The sermon suggests that worry is linked to small faith. Do you agree or disagree? Why?
- b. In Matthew 6:26, Jesus says that God provides for the birds, who do not sow or reap. How does this example challenge the way you approach your own worries about provision and security?
- c. In what ways might you be living like a "functional atheist" in your day-to-day life, especially regarding worry?

### Q3 - The Defeat of Worry:

- a. Jesus teaches that we should "seek first his kingdom and his righteousness" (Matthew 6:33). How do you do that in your daily life? Where might you be prioritizing other things? What specific changes might God be asking you to make?
- b. Prayer characterized by "thankfulness and thoroughness" is helpful in overcoming worry. What are some ways that you can incorporate more of those elements into your prayer life?