



## Don't worry . . . you're covered: Matthew 6.25-34

**1. Don't worry. Be happy.** What happens when someone tells you to be happy, but gives you no basis upon which to base your happiness? Discuss.

**2. The greater the worry, the less trust we have in our heavenly father.** Do you agree? And what is the effect of worry on our trust in God?

**3. This is teaching about the character of God, not a cast-iron guarantee of our earthly security.** How do you cope with the idea that God gives no guarantees in life? Does it make you angry, or lead you to greater trust? Discuss what response you have to this teaching.

**4. But seek first his kingdom and his righteousness, and all these things will be given to you as well.** What does it mean to seek his kingdom? Trust, at first glance, appears to be passive, but seeking is active. How do we both "trust" and "seek?" What do you think Jesus means by "all these things?" What is he promising/teaching in this verse?

**5. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.** It is said that a person cannot both worry and pray at the same time. What does this tell us about our response to our worries? Spend some time praying for those things in your lives that are causing the greatest worry. Since this verse mentions thanksgiving, also spend some time listing items to thank God for.