

Title: Anxious for Nothing

Text: Matthew 6:25-34

Target: You don't have to worry about what God has already figured out.

I. Command Against Anxiety: *"Therefore I tell you, do not be anxious about your life,"* (Vs. 25) **A.**

The Connection: *"Therefore"*

B. The Caution: *"I tell you"*

C. The Clarification: *"Is not life more..."*

1. **Beyond Food:** *"eat or what you drink,"*
2. **Beyond Flesh:** *"nor about your body,"*
3. **Beyond Fashion:** *"what you will put on."*

Question: *When you zoom out and look at your life the way Jesus asks ("Is not life more...?"), what are the areas you've been magnifying that God has already promised to handle?*

How have food, body image, finances, security, or people's opinions become sources of anxiety for you?

What would it look like this week to trust that life is "more than" these things?

Cross-References:

Luke 12:22–23 – *Life is more than food and clothing.*

Philippians 4:6–7 – *Do not be anxious; God guards your heart and mind.*

Psalms 55:22 – *Cast your burden on the Lord; He will sustain you.*

II. Care of the Father: *"Look..."* (Vs. 26)

A. Look Up: *"Look at the **birds** of the air: they neither sow nor reap nor gather into barns,"* (Vs. 26a)

B. Look Around: *"Consider the **lilies** of the field, how they grow: they neither toil nor spin,"* (Vs. 28) **C.**

Look Down: *"But if God so clothes the **grass** of the field, which today is alive and tomorrow is thrown into the oven,"* (Vs. 30)

D. Look Within: *"For the Gentiles seek after these things, and your Heavenly Father knows that you need them all." (Vs. 32)*

Question: *Jesus tells us to "look"—up, around, down, and within. Which of these four areas do you struggle to notice God's care in, and how has that shaped your view of His Father-heart?*

Where do you overlook His daily provision?

What "small mercies" has God been showing you lately that you haven't slowed down to acknowledge?

Cross-References:

Psalms 145:15–16 – *God opens His hand and satisfies every living thing.*

Lamentations 3:22–23 – *New mercies every morning.*

James 1:17 – *Every good and perfect gift is from above.*

III. Confrontation of Worry: *"Therefore do not be anxious,"* (Vs. 31)

A. Worry questions your Worth: *"Are you not of more value than they?"* (Vs. 26)

B. Worry can't extend Life: *"And which of you by being anxious can add a single hour to his span of life?"* (Vs 27)

C. Worry looks to Self: *"will he not much more clothe you,"* (Vs. 30a)

D. Worry blocks Worship: *"O you of little faith?"* (Vs. 30b)

E. Worry fixates on the Future: *"What shall we eat? What shall we drink? What shall we wear?"* (Vs. 31)

Question: When worry rises in your life, which part hits you the hardest: questioning your worth, obsessing about the future, trying to control outcomes, or doubting God's faithfulness? Why?

What has your anxiety been preaching to you lately?

What would it look like to let worship speak louder than worry?

Cross-References:

1 Peter 5:7 – Casting all anxiety on Him because He cares.

Isaiah 41:10 – Fear not; God strengthens and upholds you.

Proverbs 3:5–6 – Trust in the Lord with all your heart; He will direct your paths.

IV. Call to Prioritize: *"But seek first the kingdom of God and his righteousness, and all these things will be added to you."* (Vs. 33)

A. Call to Seek: *"Seek first"*

B. Call to Trust: *"All these things will be added to you."*

C. Call to Rest: *"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."* (Vs. 34)

Question: "Seek first" is a direction, not a suggestion. What does seeking *first* look like in your rhythms, decisions, finances, and relationships right now—and what needs to shift?

What competes most with God's kingdom in your daily priorities?

Where is God asking you to seek, trust, or rest more intentionally?

Cross-References:

Colossians 3:1–2 – Set your mind on things above.

Matthew 11:28–30 – Rest in Jesus' easy yoke.

Psalms 37:3–5 – Trust in the Lord and He will act.

Takeaway: Seek first. Trust fully. Rest freely.

Group Challenge: "Seven Days of Seeking First"

As a group, commit this entire week to intentionally *replace worry with worship* by practicing one shared rhythm each day.

Here's the challenge:

For the next **7 days**, every person in the group will do these three things daily:

1. Start Your Day with Surrender (60 seconds)

Before grabbing your phone, pray this simple prayer:

"Father, I trust You with today. I release what I can't control and choose to seek Your kingdom first."

2. Name One Worry & Trade It for One Truth

Write down **one thing you're anxious about**, then replace it with **one promise from Scripture** (Matthew 6:26, 27, 33 or any of the cross-refs).

Example:

Worry: "I can't control my finances."

Truth: "My Father knows what I need (Matt. 6:32)."

3. Share One Win in the Group Chat

Every day, text the group one short "win":

- a moment you felt God's peace
- something you surrendered
- a provision you noticed
- a worry you resisted