

# RL GROUPS

Grace | God-sized Vision | For Every Generation

## Matthew 6

**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.



## Questions for Discussion

1. Read Matthew 6:25-34.
2. What kinds of things do you worry about?
3. What does worry do to your life?
4. How do you feel about this Scripture passage?
5. Why does Jesus tell us not to worry?
6. How does knowing Jesus help limit our worries?
7. What are practical steps we can take towards not worrying?

Take time to pray for each other.