



Break Free From Worry

1. What is worry? By what other names do we sometimes call worry (stress, concern etc.)? Is worrying more acceptable if we call it by one of these other names?
2. Read Matthew 6:25-32. What is common to the things Jesus tells us we don't need to worry about in verses 25 and 31?
3. What is the relationship between worry and faith? Why are we "of little faith" (v.30) if we worry?
4. In what way does worrying about material things shackle your faith, and distract you from God's kingdom and righteousness (v.33)? Alternatively, how does seeking His kingdom and His righteousness help us with our worrying?
5. What do you think Jesus means when He suggests that we can learn from the birds of the air and the lilies of the field? What are some concrete steps we can take to become unshackled by worry?