

**Life of Christ Series**  
**What Jesus thinks about worry**  
**Matthew 6:25-34**

1. What causes Worry?

a. *Physical Needs-verse 25*

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|--------------------------|---------------------------|
| * <i>food – vs. 25</i>   | * <i>clothes – vs. 25</i> |
| * <i>health – vs. 27</i> | * <i>future – vs. 34</i>  |

b. *Spiritual Causes – verse 30*

- \**Failure to understand God – vs. 32*  
\**Failure to believe God's promises – vs. 26*

2. The Results of Worry

- a. *Worry defeats us – vs. 30*  
b. *Worry distracts us – vs. 25*  
c. *Worry destroys us – vs. 27*

3. The Cure for Worry – verse 33

- a. *Seek God's Kingdom*  
b. *Seek God's Righteousness*  
c. *Seek God's Resources*

Small Group Questions:

1. *Each one in the group share what you worry about the most. As each person shares, the remainder of the group offer encouragement, scriptures or a prayer of support.*

2. *Is worry a sin according to this scripture? What should a believer do if they are a worrier? How can a believer defeat the habit of worry in their life?*