

JESUS AT THE CENTER OF THE KINGDOM

GROUP GUIDE

This guide is designed to help you experience deeper intimacy with Jesus and build meaningful, lasting relationships with others. Get together with friends or find a group by visiting brookwoodchurch.org/groups.

Let's grow stronger together!

August 3, 2025

Message Title: *Do Not Worry!*

Main Passage: Matthew 6:25-34

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Introduction to the Series

Now when Jesus saw the crowds, He went up on a mountainside and sat down. His disciples came to Him, and He began to teach them.

Matthew 5:1-2 (NIV)

What follows this verse in Matthew chapters 5-7 has become what is probably the most well-known teaching of Jesus, often referred to as *The Sermon on the Mount*. We studied Matthew 5 last summer. We'll continue with Matthew 6 this summer, and plan to finish the series with Matthew 7 next summer.

Connect

Feel free to respond to any or all of these questions to help get the conversation rolling:

- What was on your mind most last week?
- If your life was a book, what would this current chapter be titled?
- What makes you laugh?

Pray

Take a few deep breaths to slow your heart and mind. Spend a few minutes casting your cares on God and thanking Him for ways He cares for you.

Explore and Discuss

Don't rush through this. It's OK if you don't get to all the questions. Sometimes it'll make sense to go on to the next question. Other times, you might slow down and process a bit longer. Allow God to guide the pace of your discussion.

Matthew 6:25-34 (NIV)

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? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first His kingdom and His righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

1. This passage begins with the word, *therefore*, connecting it to the previous passage about storing up treasures. How will the crucial choices we make in vs. 19-24 affect our ability to live free from worry?
2. What reasons does Jesus give for not worrying?
3. Jesus compares worry to *little faith*. What are some ways that worry undermines faith, specifically in the area of making a living and paying the bills?

4. What's the difference between planning for the future and worrying about the future?
5. In His model prayer (see Matthew 6:9-13) and in His teaching on anxiety, Jesus stresses the need to focus first on the Father and look to Him for every good thing.
 - a. What words describe a good father?
 - b. How does knowing God is a good Father impact how you see your life?
6. What does it mean to *seek first His (God's) kingdom*?
7. How will seeking God's kingdom first help you not worry?
8. What does it mean that *tomorrow will worry about itself* (vs. 34 NIV)?
9. Are there things about tomorrow or the upcoming week that are causing you to feel pressure? Why is that, and what can you do about it?

Careful Reflection

Read slowly through the following passages. What stirs in your heart as you read these? What is God saying to you? Jot down some thoughts and discuss together as a group.

- Psalm 4:1-8
- Psalm 56:3-4
- Isaiah 41:10
- Jeremiah 17:7-8
- Colossians 3:15-16

*Worry does not empty
tomorrow of its sorrow
or burden, it empties
today of its strength
and power.*

CORRIE TEN BOOM

The One Thing

What's one thing you'll take away from this week's lesson? Pause quietly for a few minutes and ask God what He wants you to know. Allow time for Him to put thoughts in your mind and stir your heart. Share briefly what you sense God is saying to you, then pray for each other.

Scripture Memory

Memorizing Scripture will help you carry God's life-shaping words with you at all times and in all places. These words anchor our lives in truth, deepen our intimacy with God, and guide us on the path that leads to life. May we be like the Psalmist who ...*hid the words of God in his heart* (from Psalm 119:11).

Here's a passage to memorize based on this week's teaching. Consider writing this on a note card and carrying it with you this week.

*And this same God who takes care of me will supply all your needs from
His glorious riches, which have been given to us in Christ Jesus.*

Philippians 4:19 (NLT)