



Adult and Teen Life Groups Conferencing Guide

SERMON DATE: 02/15/2026
DISCUSSION DATE: 02/22/2026
TEXT: MATTHEW 6:25-34

WHY ARE YOU SO ANXIOUS?

I. DON'T WORRY BECAUSE OF YOUR FATHER (vv. 19-21)

A. Your Father provides food (v. 26)

B. Your Father provides for your future (v. 27)

C. Your Father provides for your fashion (vv. 28-30)

II. DON'T WORRY BECAUSE OF YOUR FAITH (v. 30b)

III. DON'T WORRY BECAUSE OF YOUR FUTURE (v. 34)

FOR CONFERENCING

1. **Read Matthew 6:25-34.** In one or two sentences, summarize the main theme and challenge of this section of Jesus' sermon.

2. Many 1st century Jewish Christians would have had legitimate concerns about the provision of food, clothing, shelter, and longevity of life. Why? How can we as relatively affluent Americans apply this passage to our lives?

3. **Read verse 25.** Throughout His sermon, Jesus was describing what life should be like for "kingdom citizens." What then does Jesus mean by the words "Is not life more than food and the body more than clothing?"

4. What three illustrations does Jesus use to reveal that God (the Father) is our provider and sustainer?

5. In verse 27, a better translation than "stature" is "lifespan." In what ways do Americans worry about their lifespan? How is anxiety and worry counterproductive to one's health?

6. **Read v. 31b.** Why is worry and anxiety a sin? How does it reflect a lack of faith? Why is it more understandable to see unbelievers struggle with anxiety and worry?

7. In verse 34, Jesus said, "do not worry about tomorrow." Why is it that believers should not have any worries about the future? Explain Jesus' words when He said, "tomorrow will worry about its own things. Sufficient for the day is its own trouble."

8. **Read verse 33.** In what way did Jesus completely shift the focus for us in verse 33.

9. Practical Application Questions: What's one practical step you can take this week to seek God's Kingdom first? How can you help someone else who is struggling with anxiety, based on these truths? How can you transform your thinking about tomorrow from worry to trust? When you feel anxious, where does your trust ultimately lie? How can you shift it back to God?