



SEPTEMBER 9-13
DISCOVERTHEWORD.ORG

Worried? Most of us are—about our lives and the lives of those we love. We worry about our world, our country, our town, and our neighborhood. We worry about our families—spouse, children, parents, grandkids. We worry about our paychecks, or lack of them. We worry about our health, which just makes our health worse. And yet we love God and trust Jesus in oh-so-many ways! How do we deal with this worrisome business? In Matthew 6, Jesus turns His Sermon on the Mount to the topic of worry, and in His words we find help.



THIS WEEK'S DISCUSSION QUESTIONS

- Are you a worrier? In what areas might worry be a struggle for you?
- Read Matthew 6:19–24. How does Jesus “anchor” His teaching about worry?
- In Matthew 6:25, what instruction does Jesus give about worrying?
- What can we learn about worrying from nature in Matthew 6:26–32?
- What two truths does Jesus ask us to focus on in order to release worry in our days? (See Matthew 6:33–34.)



CHALLENGE

Each time you find yourself worrying this week, shift your thoughts from anxiety to trust by praying specifically about what concerns you.



COMMIT TO MEMORY

“Seek first his kingdom and his righteousness, and all these things will be given to you as well”
(Matthew 6:33).



PRAYER

Dear God, whenever I find myself struggling with worry, help me to remember Jesus’s words about it and to release my concerns to You in trust. Amen.