



When Life Gets You Down
March 9, 2025 | Matthew 6:25-34
Questions for Study and Group Discussion

*** Before you begin, please read Matthew 6:25-34.*

1. **Ice-breaker:** Would you agree we live in a particularly anxious day and age? Why or why not?
2. Count the number of times Jesus uses the word “worry” in Matthew 6:25-34. What’s your take-away from this emphasis?
3. What are some of the primary worries people you know face? What worries do you personally face?
4. What are some unhealthy ways to deal with worries that come up? How can worry “derail you” if it goes unchecked in your life?
5. In the message, Jeff looked at four truths from Matthew 6:25-34 that can help build you up when life pulls you down. These truths are included below. As a group, discuss where you see each truth highlighted in Matthew 6:25-34 and summarize what each truth is getting at.
 - Truth #1: Perspective helps.
 - Truth #2: You matter to God.
 - Truth #3: God is not absent from your needs.
 - Truth #4: Your best course is to seek Him first.
6. How can these truths help you address worry and anxiety in your own life?
7. Which one of these truths stands out to you most today? Why?
8. What is one practical way you can live in light of this truth you identified in the previous question?
9. Read the following passages. After each, briefly summarize what they teach about responding to worry. How do they either add to or reinforce what you’ve learned from Matthew 6:25-34?
 - Isaiah 26:3
 - Philippians 4:6-8
 - 1 Peter 5:6-7
10. What other questions or comments do you have about what you’ve looked at in the Bible today?
11. What was your biggest take-away from the message? Why?
12. **Challenge:** Identify one way this passage is challenging or encouraging you. Who can you tell about what you’re learning this coming week?
13. **Challenge: Memorize Matthew 6:21** — “For where your treasure is, there your heart will be also.”