FBC SUMMIT

LIFE Group Discussion Guide

November 22, 2026

Matthew 6:25-34

CONVERSATION STARTERS

What are some highs or lows you experienced this past week?

What Scripture has been shaping you recently?

Where have you seen God moving in your life this week?

What did you hear in today's sermon OR read in today's passage that you would like to discuss?

What did you learn about yourself in today's sermon/passage?

What did you learn about God in today's sermon/passage?

What convicted you as you listened to today's sermon OR read in today's passage?

OPENING

What is something people commonly worry about, even though worrying doesn't actually solve the problem?

Worry is a normal part of life, but Jesus teaches His followers not to live controlled by anxiety about the future. Instead, He calls us to trust our heavenly Father, seek His kingdom, and faithfully live one day at a time.

Today we will discuss how following Jesus means trusting our heavenly Father instead of allowing worry about the future to control our lives.

SCRIPTURE READING

Read **Matthew 6:25–34** together.

As you read, listen for:

- What Jesus tells His followers not to worry about
- The examples Jesus gives from creation
- What worry is unable to accomplish
- What Jesus tells us to seek first
- How Jesus wants us to approach tomorrow

PASSAGE SUMMARY

Jesus continues His teaching about trusting God rather than being controlled by earthly concerns. After warning against storing up earthly treasure and serving money, He addresses another major competitor for our trust: worry**.**

Jesus is not saying that food, clothing, work, or the future are unimportant. He is teaching that God's children should not allow these concerns to become the source of their security.

Jesus points to birds and flowers as reminders of God's care. If God provides for His creation, His children can trust Him even more.

Jesus then gives the central command: “But seek first the kingdom of God and his righteousness.” Instead of being consumed by tomorrow, believers are called to trust God and faithfully live today.

Main Point: Because God knows what we need and cares for us, we can trust Him instead of allowing worry to control us.

DISCUSSION QUESTIONS

Why does Jesus tell His followers not to worry about their basic needs?

Jesus is not promising that His followers will never experience difficulty or lack. He is reminding us that God knows what we need and is trustworthy. Worry should not become the controlling force in our lives.

What do the birds and flowers teach us about God's care?

Jesus uses creation as an illustration of God's faithful provision. Birds do not store up wealth, and flowers do not manufacture their own beauty, yet God cares for them. If God cares for His creation, we can trust that He cares deeply for us.

What does Jesus mean when He says, “Can any of you add one moment to his life span by worrying”?

Worry cannot give us control over the future or solve problems by itself. It often consumes our energy without accomplishing anything. Jesus is calling us to trust God with what we cannot control.

What is the connection between worry and faith?
Worry can reveal where we are placing our trust. When we constantly try to control the future, we may be forgetting that God is sovereign, knows our needs, and is able to care for us. Faith means bringing our concerns to God and trusting Him with the outcome.

What does it mean to "seek first the kingdom of God and his righteousness"?
It means making God's rule, God's will, and faithful obedience our highest priority. Rather than allowing our circumstances to determine our priorities, we pursue Christ first and trust Him with the rest.

Does Jesus mean Christians should never plan for the future? Why or why not?
No. Scripture encourages wise planning and responsible preparation. Jesus is warning against being consumed by anxious worry about the future. We can plan wisely while still recognizing that our ultimate trust belongs to God.

APPLICATION

What area of life most easily causes you to worry or try to take control?

How can you turn a specific worry into an opportunity to trust God and pray?

What would it look like for you to "seek first the kingdom of God" this week?

DIG DEEPER

Read Philippians 4:6–7. How does Paul describe the relationship between anxiety, prayer, thanksgiving, and God's peace?

Read 1 Peter 5:6–7. What does Peter tell believers to do with their anxieties? What does this reveal about God's character?

Read Psalm 55:22. What does it mean to "cast your burden on the LORD"?

What is the difference between *responsible concern* ***and*** *anxious worry****? How can we recognize when legitimate concern has become an unhealthy desire for control?***

CLOSING THOUGHT

Jesus does not promise that life will be free from problems. Instead, He promises that we have a Father who knows what we need and cares for us.

Worry looks at tomorrow and asks, “What if?” Faith looks at God and says, “He is trustworthy.”

Jesus calls us to seek God's kingdom first and trust Him with what we cannot control.

Identify one area where worry has been controlling your thoughts. Give that concern to God in prayer and intentionally redirect your attention toward seeking Him and His kingdom.

Remember, we don't have to know what tomorrow holds when we know who holds tomorrow.

LOOKING AHEAD

Next week we will discuss **Matthew 7:1-6** as we continue the series, *The Greatest Sermon Ever Preached: The Sermon on the Mount.*

PRAYER FOCUS

- Trust God more deeply with our needs and circumstances.
- Learn to bring our worries to God rather than carrying them alone.
- Seek God's kingdom and righteousness as our highest priority.
- Help our LIFE Groups become places where people encourage one another to trust God.
- Pray for our worship services—that hearts will be open, the Spirit will move powerfully, and people will respond in obedience to Christ.

COMMENTARY

In Matthew 6:25–34 (from the Sermon on the Mount), Jesus commands His followers to stop worrying about basic physical necessities and to trust God’s provision. In the Christian Standard Bible (CSB), this passage is commonly titled "The Cure for Anxiety"**.**

Core Structure and Commentary

- **The Command (Verses 25, 31):** Jesus issues a direct prohibition against anxiety: *"Don't worry about your life, what you will eat or what you will drink; or about your body, what you will wear"*. He reminds listeners that life is far more than physical commodities.

- **Argument 1: The Birds of the Sky (Verse 26):** Jesus points to birds that do not sow, reap, or store grain in barns, yet God feeds them. He asks a-the-lesser-to-greater question: are humans not worth much more than birds?
- **Argument 2: The Futility of Worry (Verse 27):** Anxiety is completely unproductive. Jesus notes that no one can add a single moment to their life span by worrying.

- **Argument 3: The Wildflowers of the Field (Verses 28–30):** Wildflowers grow without laboring or spinning thread, yet not even King Solomon in all his splendor was adorned

like them. If God so clothes short-lived grass that is thrown into an oven, He will certainly clothe His people—addressing them as having "little faith".

- **Argument 4: Distinguishing Believers from Pagans (Verses 31–32):** Obsessing over material survival is what "the Gentiles" (pagans/those without a covenant relationship with God) run after. Believers have a heavenly Father who already knows every physical need they possess.

- **The Solution / Priority Shift (Verse 33):** Instead of consuming energy with worry, disciples must *"seek first the kingdom of God and his righteousness"*. When God's reign and moral/spiritual order are placed first, all necessary physical provisions will be "added" as well.

- **The Daily Boundary (Verse 34):** Jesus concludes by warning against borrowing tomorrow's troubles. Each day carries enough difficulty of its own, so trust must be exercised one day at a time.

Key Theological Context

- **Tied to Money and Master (Matthew 6:24):** Immediately preceding this passage, Jesus states that no one can serve two masters (God and money/wealth). Worry over basic necessities often reveals a heart divided or enslaved to material security rather than God.

- **Trust vs. Striving:** The text does not discourage responsible work or planning; it rebukes frantic, distrustful fear that acts as though God does not exist or does not care.