



Tri-Village Sermon Discussion Questions

Topic: *Magnify God's Faithfulness:*

Jesus and Worry

Text: Matthew 6:25-34; Philippians 4:4-7

Service Date: July 27, 2025

Note: The questions are only a starting point for discussion. Don't hesitate to modify, adapt, or highlight only specific ones to fit your group and/or personal study.

Getting Started

- This past Sunday, we watched a video of a family sitting around the dinner table, each person letting their mind spiral into worst-case scenarios. Did you find yourself relating to that scene in any way?
- What has been your biggest worry lately?
- Take a moment to read the sermon texts: Matthew 6:25–34 and Philippians 4:4–7. As you reflect on those passages and Sunday's message, what thoughts or insights come to mind?

Sermon Discussion

- Jesus said, "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?" (Matthew 6:25). As Paul mentioned in the sermon, this doesn't mean we shouldn't plan—it means we shouldn't worry. When you plan, do you find yourself slipping into "what if" thinking? Is worry a natural part of your process?
- People who tend to worry might view those who don't as careless or indifferent, while more laid-back individuals might see worriers as overly anxious or controlling. Have you ever had worry interfere with a relationship or create unnecessary stress in your life?
- Why do you think some people are more prone to worry than others? What factors—personality, upbringing, past experiences—might play a role?
- Looking back on your life, has there ever been a time when worry actually led to spiritual growth? If your answer is "no," why do you think it's still so

easy to fall into worry?

- Jesus didn't say, "Do not be concerned." Instead, He said, "Do not worry." He's not calling us to be careless, but to live with trust. How can we balance being responsible and planning wisely without letting fear and anxiety take over?
- What are the long-term effects of living in a constant state of worry or anxiety—emotionally, spiritually, and even physically?
- In the sermon, the acronym **C.A.L.M.** was shared as a tool to overcome worry:
 - **C** – Celebrate God's Goodness
 - **A** – Ask God for Help
 - **L** – Leave Your Concerns with Him
 - **M** – Meditate on Good Things

In your own life right now, how do you see God moving? What can you celebrate today?

- We're all called to help others grow closer to Jesus. Whether we realize it or not, the way we talk about and handle worry is a testimony. If someone observed how you handle worry, would it draw them closer to Jesus—or farther away?
- If you're not currently dealing with worry, just wait—a new challenge will likely come along soon! While worry may not be labeled a sin like lying or stealing, Scripture teaches that it reflects a lack of trust in God. Knowing that we all experience worry at times, what is your personal prayer this week when it comes to anxiety and trust?

Books Mentioned in the Sermon

Dear Anxiety, Let's Break Up by Amanda Porter

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
by Bessel van der Kolk

Anxious for Nothing by Max Lucado
