



THAT'S WHAT HE SAID

AUGUST SERMON SERIES

Discussion Guide

Worry

Matthew 6:19-30 / Pastor Jon Gerlach / August 30, 2026

Session Overview

Our last sermon in this series talks about anxiety and worry. We can all relate to this - it's virtually impossible to live a life without worrying at all. Pastor Jon talked about how the root of worry is not in the provision of things but the vision we have for whatever that thing is. We may worry about money, our appearance, or feeling inadequate, but worry comes from making those things a priority rather than focusing on God. This week, we will be discussing the things that cause us to worry and how shifting our view to face Heavenly things over worldly things can help us not to worry.

Session Flow (60-75 minutes)

Welcome and Icebreaker (10 minutes)

What are some of the goals you have in life that you are focused on?

Purpose: To get the group thinking about where their eyes are looking and what they are working towards.

Scripture Reading

Read Matthew 6:19-30 aloud together.

Leader Coaching Sidebar

- Feeling anxious and having diagnosed anxiety are two different things. Ensure that everyone in the group understands that we are not discouraging medication for mental illnesses if they are prescribed from a doctor.
- Pay attention to the specific things people share and even make note of it. As a leader, you can create an environment of intentionality. You can demonstrate this by being intentional with the prayers and worries of the others in your group.

Discussion (40-50 minutes)

- 1. When you hear the word “worry,” what kind of thoughts, situations, or responsibilities come to mind?**

Leader Note: This brings the worries people have to the forefront so we can discuss them deeper throughout our time.

- 2. Pastor Jon compared worry to a rocking chair saying you can rock as hard as you want, but you’re not going anywhere. Can you relate to this when you’ve felt anxious?**

Leader Note: This will get the group thinking about how we can worry as much as we want, but worrying will never get us to move forward - only focusing on the Lord can do that.

- 3. Read Matthew 6:19-24. Why do you think Jesus connect treasure, vision, and our ability to serve God before he talks about worry?**

Leader Note: Think about the ways all of these things are connected and how our trajectory towards something that is not Jesus can cause us to worry.

- 4. How did you interpret the phrase, “worry is an issue of vision, not provision”? How can that phrase broaden our view of the things that bring up worry in our lives?**

Leader Note: If needed, remind the group that worry rises when we have our goals set on the things of the earth. When our vision is facing God, we no longer worry about anything but Him.

- 5. When Jesus asks us to “look at the birds,” what does it teach us and how can we implement that lesson in our lives?**

Leader Note: We will be digging into Matthew 6:25-34. Read this part of the passage if you need.

- 6. Jesus then tells us to “look at the flowers.” What might this teach us for how to live our lives?**

Leader Note: Compare the lessons learned from the last question and this one. Have the group discuss what our lives would look like if we lived like the birds and the flowers.

- 7. Where are you tempted to compare yourself to others instead of faithfully living out what God has called you to do?**

Leader Note: Think about the things that bring up anxiety and how the worry we feel leads us to comparing others who may not need to worry about that particular thing.

- 8. How can gratitude shift the perspective of a situation and redirect your focus when worry and anxiety rise up?**

Leader Note: Remind the group that all good things we have are from God and that everything we have is a gift from God.

- 9. Has there ever been a worrisome time in your life but in the end, God provided for you in an unexpected way?**

Leader Note: This can be a time of encouragement and testimony to help us remember that in the end, God will always provide in His ways.

- 10. The sermon ends with an invitation to bring our worries to God. What is one worry you are willing to name honestly before God and your group today?**

Leader Note: Maybe write down these things that others are worries about so you can check in on each other and pray for one another throughout the week.

Application and Prayer (10-15 minutes)

As we have talked about the things that cause us anxiety, is there something from which God is inviting you to shift your focus? What is God trying to call your focus from so you can focus on Him? What may need to change in your life to make God the priority of your life over everything else?

Closing Prayer Suggestion

Lord we come to you admitting we have worries about the things of this world that do not matter. You have provided everything for us and we ask that you broaden our perspective so we can have grateful hearts for the gifts you have given us. Help us to focus on you over anything else so we can keep a temper of peace. We lift up all our anxieties to you and ask you to remind us through the birds of the air and the flowers of the field that you provide for us because of how much you love us. We ask these things in your name, amen.