



“In God We Trust”

Matthew 6 Small Group Plan

The late Normal Cousins liked to say:

“No one knows enough to be a pessimist.”

I think he meant that we must be able to forecast the future before we can look at it through cynical eyes and judge it as hopeless. And we might add that, in the same way, no one knows enough to worry.

In fact, for those of us who know God the Father, the exact opposite is true. His track record easily convinces us to follow Him with hope, trust and obedience. We don't have to predict the future. All we have to do is look at what we have and are experiencing. God has been faithful, He is faithful, and we know He will be faithful. In God we trust.

OPEN IT / INTRODUCE IT ...

- What are Americans today most worried about?
- What are you most worried about?

LOOK AT IT / STUDY IT ...

— WORRY IS UNWORTHY —

Matthew 6:25

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 important than food, and the body more important than clothes?

- The term “Therefore” looks back to our chosen “Master” (v. 24).
- Why can't **worry** and **God** live in the same heart at the same time?
- Why is worry unworthy of God?
- How does God as our “Master” change the way we view all concerns and threats?

— WORRY IS UNNECESSARY —

Matthew 6:26-30

²⁶ *Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?*

²⁷ Who of you by worrying can add a single hour to his life? ²⁸ And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?

- Why should it encourage us to see how God manages nature around us?
- According to these verses, describe how valuable we are to God?
- What are the physical and emotional effects of worry?
- What does worry do to our relationships?

— WORRY IS UNREASONABLE —

Matthew 6:31-33

³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

- How would you describe the most obvious goals and priorities of our culture?
- Which of these goals are temporary and short-sighted?
- Why are they short-lived and transient?
- Why does our culture “run after” them (v. 32)?
- How is God’s kingdom completely different?

— WORRY IS UNWISE —

Matthew 6:34

Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

- How has God shown Himself faithful in scripture?
- What does the Old Testament book of Lamentations mean when it says His compassions are “new every morning” (3:23)?

USE IT / APPLY IT ...

- Why are some people so obsessed with fashion — “What shall we wear” (v. 31)?
- Describe a life-plan that is both worth following, and will also survive your death?
- Reflect on God’s “new every morning” faithfulness in your life.
- Close by giving your worries to God in prayer.