

# Anxiety and Worry

**Matthew 6:25-34**

Lesson 10 - June 17, 2018

1. What are some things people are worried about today?
2. Jesus' words in 6:24 seem to be focusing on human obsession with wealth. He begins verse 25 with "Therefore I say to you...". How are the verses following verse 24 related?
3. Jesus says not to worry about some basic necessities of life; food, water, and clothing. Does that mean we just sit back, do nothing, and we will get what we need? Explain.
4. What point is Jesus making in verse 27?
5. Explain the illustrations Jesus uses regarding the birds and the lilies.
6. What impact does worrying have on us?
7. Why do you think Jesus brings the Gentiles into the discussion?
8. What is at the root of anxiety and worry? (Verse 30)
9. How do we overcome anxiety?

