Small Group Questions | Look up, Look down, Look to God | Matthew 6:25-34

Worry is something we all experience. Whether we're concerned about our finances, health, relationships, or the future, it's easy to become overwhelmed by circumstances beyond our control. In Matthew 6:25–34, Jesus invites His followers to shift their attention from their worries to the care of their Heavenly Father. He uses the familiar images of birds and flowers to remind us of our value and God's provision. Rather than allowing worry to dominate our lives, Jesus teaches us to seek God's Kingdom and His righteousness first. As we study this together, we'll consider how remembering God's faithfulness can help us trust Him with our present circumstances and uncertain future.

1. The sermon began with a frightening experience in the ocean when Neal felt completely out of control. Can you share a time when you experienced significant worry or anxiety? What made that situation difficult, and how did you respond?

2. Read **Matthew 6:25–26** and **Genesis 1:26–27**. Jesus reminds us that we are more valuable than the birds of the air. How does understanding that we are created in God's image help us recognize our value and trust in His care?

3. Read **Matthew 6:27** and **Philippians 4:6–7**. Jesus reminds us that worry cannot add anything to our lives. How can we practice bringing our concerns to God instead of allowing worry to consume our thoughts and impact our lives?

4. Read **Matthew 6:28–30**. Jesus points to the beauty of flowers as evidence of God's care. What does this illustration reveal about God's character? How can remembering God’s care strengthen our confidence in Him during difficult seasons?

5. Read **Matthew 6:31–32** and **Psalm 139:1–6**. How does knowing that God sees and understands our circumstances change the way we approach our worries? Where have you experienced His faithfulness in the past?

6. Read **Matthew 5:6 and 6:33**. What does it mean to pursue God's righteousness in everyday life? How have the teachings of Jesus throughout the Sermon on the Mount helped you understand what it looks like to put His Kingdom first?

7. Read **Matthew 6:19–21, 33–34**. How can practicing generosity, prioritizing prayer, fasting, and investing in eternity help us place our trust in God rather than in our circumstances or possessions? Which of these practices would you like to grow in?

8. Close your time praying for the strength to trust God fully.