



According to recent data, about 19% of adults were diagnosed with an anxiety disorder this past year. In fact, 31% of adults will deal with anxiety at some point in their lifetime. The Bible offers us solutions to deal with our fear, worry, and anxiety. Today we're starting a brand-new sermon series called: *Real Talk*. In this new series we're going to look at what Scripture teaches about anxiety, fear, and worry. I'm praying for God to show up in a powerful way during this series. Today we're going to look up to the birds, look down to the flowers, and then look to God. Open your Bible to Matthew 6:25-34 and discuss these questions with your group.

1. According to recent data, about 19% of adults were diagnosed with an anxiety disorder this past year and 31% will deal with anxiety sometime in their lifetime. Share a time in your life when you struggled with anxiety or worry. What/who helped you?
2. **Read Matthew 6:25-27.** Jesus begins this section of teaching by instructing us to look at the birds and how God provides for them. Jesus teaches that we are more valuable than the birds. Do you believe that? Why or why not? **See Genesis 1:26-27.**
3. Jesus asks us if we can add a single hour to our life by worrying. What are some things you find yourself worrying about and what triggers that worry? **Read Matthew 11:28-30, Colossians 3:15, and Psalm 55:22.**
4. **Read Matthew 6:28-32.** Jesus makes the correlation that our worry reveals a lack of faith in our life. **Read Hebrews 11:1, 6, and Romans 10:17.** What are some practical steps we can take to reduce our worry and increase our faith in God?
5. Jesus reminds us that God will provide our most basic needs in life – food and clothing. Sometimes that is hard to believe given the consumerism taking place around us. Share with your group a personal story of when you saw God provide.
6. **Read Matthew 6:33-34.** Instead of focusing on what we don't have or the selfish desires of our heart, we are invited to seek the Kingdom of God first. What are some ways we can seek God's Kingdom and righteousness on a daily basis?
7. In the sermon we learned the following four ways to seek God's Kingdom first: live within our means; focus on what we need, not what we want; let go of the things of this world; and honor the Sabbath. Which one of those would you like to work on the most this week? Which one is most difficult for you to apply when you're worried?
8. Close your time in prayer. Pray for God to help you seek His Kingdom first.