

“Anxious Generation” Group Guide

Series: The Curriculum

Passage: Matthew 6:25-34

Speaker(s): Pastor Ryan Paulson

Date: November 3, 2024

ICEBREAKER:

What is the most random item that someone brought with them today? Just take a moment to laugh together.



Learning His Way

(Every week in these studies, we will ask questions about the Scriptures that try to help us Discover the unique Way of Jesus that is found in the text.)

1. Read Matthew 6:25-33 in multiple translations including The Message paraphrase. What catches your attention?
2. Read Romans 8:31-32; James 4:13-15; and 1 Peter 5:7. What do these passages emphasize that relate to the passage in Matthew?
3. What is the point that Jesus is trying to make?



Forming His Heart

(This is the part of the study where we work on our hearts. “How does my character need to grow and change because of this passage?”)

4. Both words “anxious” and “worry” can be translated as “marinate”. How often do you find yourself marinating and on what types of things? Why?
5. List the things in this passage that God cares for. Why do we need this reminder?
6. How does worry impact your heart and mind? How does it impact your relationships?



Joining His Mission

(This is the part of the study that we ask, “What would God want us to do because of this passage?”)

7. How do you seek the Kingdom of God and His righteousness? What would be the impact on yourself and others if you did? Identify what gets in your way. How will you go about making a change this week?

8. Share stories with the group of ways God has provided for you.