

### The Heart of the Matter

12. Based on this past week, is your “bank” on earth or in heaven? What do you need to do to change accounts?

13. What might be some signs that you might be worrying too much? What is causing you the most worry right now?

14. What do you need to do this week to let go of earthly things and be more focused on seeking God’s kingdom?

15. What is God saying to you through this passage about how you are handling your particular worries and concerns?

Praises and Prayer Requests:



## Life Group Study Guide

### EVERY THOUGHT CAPTIVE Working Through Fear, Anxiety, and Worry Matthew 6:25-34 For the Week of March 29, 2020

#### Getting Started

1. What insight, principle, or observation from this weekend’s message did you find to be the most helpful, eye-opening, or troubling?
2. If you were walking on a deserted beach and found an ancient chest, what would you hope to find inside?
3. When you were a teenager, what concerned you the most: your clothes, your car, who your friends were, your complexion, your hair, or something else?

### **Digging Deeper**

4. In the middle of the Sermon on the Mount in Matthew 6, Jesus begins teaching about where our treasures are in verses 19-21. What alternative does Jesus propose with respect to where we should keep our treasures?

5. In verses 22-24 what does Jesus have to say about light and darkness? What about masters? Overall, what is Jesus trying to communicate to His followers with these statements?

6. What is the link between treasure and heart? Heart and eye? Eye and body? Master and money? How does this discussion lead to a discussion about our need to set anxiousness and worry aside in the following verses?

7. In verses 25-34, how does God's care for the birds and the lilies of the field help us to put off our anxieties and worries?

8. How does God take care of the birds of the air and the lilies of the field?

9. According to Jesus, what can anxiety and worry ultimately accomplish in our lives?

10. What does Jesus imply by suggesting that the "pagans"/"Gentiles" run or seek after these same things? What does our heavenly Father know about our needs?

11. According to verses 33-34 what shouldn't we be focused on? What should we be focused on? What does God promise in all of this?