



August 10, 2025  
Kevin and Lindsey Sneed  
Matthew 6:25-34

## Introduction

This week's message explores Jesus' teaching on worry and anxiety from Matthew 6:25-34, combining biblical wisdom with clinical psychology insights. Kevin and Lindsey Sneed help us understand that when Jesus says "do not worry," He's addressing our "divided attention" - being pulled in multiple directions by our concerns. We discover that observing God's creation, seeking His kingdom first, and practicing prayer as communion, contemplation, and relinquishing control can transform our relationship with worry.

**Key Texts:** Matthew 6:25-34; Philippians 4:4-7; 1 Kings 19:1-8

## Icebreaker

Share about a time when you noticed something in nature that brought you peace or helped you feel less stressed. What was it about that moment that was calming?

## Discussion Questions

1. The sermon mentioned that 72% of adults have experienced health impacts from stress and 1/3 are habitually anxious. Does this surprise you? How do you see anxiety showing up in our culture and communities today?
2. **Read Matthew 6:25-27 together as a group.** Jesus uses the Greek word for "worry" that means "divided attention." How does this definition help you understand what worry actually does to us? Where do you notice your attention being most divided?
3. Kevin shared how he began noticing birds during his morning walks when dealing with internal anxiety. **Read verses 26-27 again.** What do you think

Jesus wants us to learn from observing birds? What are some "perceived threats" in your daily life that trigger anxiety, even when you're actually safe?

4. **Read Matthew 6:33-34 together.** "Seek first His kingdom and His righteousness" comes right before Jesus tells us not to worry about tomorrow. How does seeking God's kingdom help address our anxiety? What does this look like practically in your life?
5. **Read Philippians 4:4-7 together.** The promise is that "the peace of God will guard your heart and mind." The sermon described prayer as communion, contemplation, and relinquishing control. Which of these three aspects feels most natural to you? Which feels most challenging?
6. Lindsey shared the story of Elijah under the tree, where God didn't scold him for his anxiety but provided rest and care. How does it change your view of God to know He responds to our anxiety with compassion rather than judgment?
7. How can your Community Group pray for you and support you as you navigate worry or anxiety in your life?

## Key Takeaways

- Worry means "divided attention" - being pulled in multiple directions by our concerns
- Observing God's creation can help us find peace and engage our natural calming responses
- Prayer as communion, contemplation, and relinquishing control transforms our relationship with worry
- God responds to our anxiety with compassion and care, not judgment
- Seeking God's kingdom first provides the foundation for addressing our daily anxieties

## Notes