



A New Day's Resolution

GROWTH GUIDE JANUARY 5, 2025

Scripture: Matthew 6:25-34

AUTHOR

Matthew (Levi), a Jewish tax collector, became one of Jesus' disciples. Matthew wrote especially to the Jews and the purpose of this gospel was to present clear evidence that Jesus is the Messiah, the Savior. It was written approximately A.D. 60-65.

CONTEXT

Jesus shares today's scripture passage during his Sermon on the Mount which takes place in Matthew 5-7 and includes Jesus preaching, probably over a period of several days. Jesus gave this sermon on a hillside near Capernaum, covering various topics, including salt and light, the Law, anger, giving to those in need, prayer, fasting, money and in today's passage, worry.

NOTES

DISCUSSION QUESTIONS

1. Read Matthew 6:25-34. What word or phrase stands out to you?
2. What worries you in your day to day life?
3. How does worry affect you mentally, physically, and spiritually?
4. Would you say we, as a society, have become people who worry a lot? What might contribute to this?
5. What helps you when you are worried about something? Discuss some coping mechanisms you use. What gives you peace?
6. Read Philippians 4:6-7. What advice is given about worry and what action might we take instead? What benefit do we receive when we turn our worries into prayer?
7. Read I Peter 5:7 and Psalm 55:22. What assurances are we given in these verses?
8. The NLT Life Application Bible says that worry immobilizes us but concern moves us to action. Do you agree? If so, can you share examples when you've felt immobilized? Moved to action?
9. In verse 32, Jesus says our Heavenly Father already knows all our needs. Does this comfort you or challenge you? Does knowing this impact your prayer life?
10. In verse 33, what does Jesus say to do above all else? What does it mean to live righteously?
11. Think about your life and your priorities. What is important in your life? What do you give the most time and attention to?
12. So many things are vying for our attention in the course of a day. These things can become more important to us than God if we are not careful. How do we guard against this and keep God first in all areas of our lives?
13. What is Jesus' advice in verse 34?