



SERMON DISCUSSION QUESTIONS

Week of October 12, 2025

Matthew 6:24-33

24 “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. 25 “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life?[g] 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31 Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

1. Where do you struggle with stress and anxiety? What haunts your thoughts? What do you complain about? What fills your prayers?
2. Prior to this week’s sermon, how would you deal with your anxious thoughts? What do you think is the “Christian” answer on how to deal with worry? Are most Christians you know free from stress and anxiety? Why or why not?
3. “Right worship leads to a rested heart” but “worry is rooted in worship.” How can both be true? Is there a “right” worship and “wrong” worship? Explain.
4. We may not bow down to worship a golden calf, but what are some common “idols” of modern western culture? At which idols’ altar do you find yourself worshipping most often and why does this kind of idol worship lead to our anxiety and stress? (think about what happens when something threatens our idols)
5. In the sermon we heard that for many people, especially for the young, the desire to be liked and to impress others is a huge idol leading to “wrong worship”. In response to this we heard this admonition: “Don’t live life to be liked, live life because you are loved” What do you think this means and how does this lead to “right worship”?
6. In our passage Jesus asks the rhetorical question that if God takes care of the birds of the air and the grass of the field then how much more will he take care of His own children? How important do you think you are to God and why do you think He wants you to know how deeply loved you truly are?
7. How does the love of God help us to make sense of even the tragic, ugly and painful things of life? In spite of these difficulties, how does understanding the love of God for you personally, lead to “right worship” and thus a rested heart?