



Study 6

MATTHEW 6:25-34

See who can whistle the 1988 song “Don’t Worry Be Happy” tune. What was songwriter, Bobby McFerrin’s theory on not being anxious?

Read 6:25-34

What does Jesus tell us not to be anxious about (v25)?

Are these the only things we shouldn’t be anxious about? Why or why not (cf v34)?

What is the antidote to anxiety (v26-30)?

What is the alternative to anxiety (v31-34)?

What is the instruction in v33?

What is the promise?

What does it mean to 'seek first the kingdom of God and his righteousness'?

Reflect. How will you implement the teaching of this passage in response to rising levels of anxiety?

What is '*Good.Different.*' about being a follower of Jesus in this world?