



## Pressurized

May 11 & 12, 2013

[Matthew 6:25-34](#)

<sup>25</sup> "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?" <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup> Can any one of you by worrying add a single hour to your life?

<sup>28</sup> "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? <sup>31</sup> So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:25-34 NIV)

### Consider & Discuss

1. What do you think are people's most common fears or concerns?
2. What are your most frequent pressures? Which ones are the easiest for you to handle? Which ones are most difficult for you?
3. Do you agree with the idea that fear is an expression of our desire to control the future? Why or why not?
4. Read [Matthew 6:25-34](#). Which parts do you find most helpful in handling anxiety?
5. Which aspects of God's character and actions do you find most comforting?
6. What do you think seeking God's kingdom looks like? How do you think that can help us with anxiety?
7. What advice would you give someone who is overwhelmed with fear and anxiety?

### Live It

1. Each morning this week, ask God to give you what you need for that day. Ask Him to help you to focus on today and not to worry about tomorrow.
2. Pick one or more fears that you face on a regular basis. Ask someone to pray with you about those fears, asking God to give you peace in the midst of challenging circumstances.
3. Prayerfully read [Matthew 6:25-34](#) each day this week. Ask God to increase your desire to seek first His kingdom and your trust that He will meet all of your needs.