

**Know Your Needs**  
**Matthew 6:25-34**

**Pastor Joel**  
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**Open Your Heart and Mind**

- What is your favorite bird and your favorite flower? Why?

**Finding God in His Word** (Read Matthew 6:25-34)

- What do you worry about in life regarding possessions? What do you worry about in life in general?
- When you worry about something, how does that usually affect your attitude? Can you think of any positive effect of worrying?
- Have you ever experienced physically negative effects as a direct result of stress or worry in your life?
- Read Luke 10:38-42 - What does Jesus seem to teach us here about the importance of our priorities when it comes to being anxious and worried?
- Read Jeremiah 17:7-8. How is this person still able to produce good fruit in life even when taking heat from life's pressures?
- When Jesus implies that life is about more than food or clothing, what are some specific things you think he means? How do these apply directly to Christians?
- What do you think Jesus means for us to "seek first His kingdom and His righteousness" and why does Jesus place that as a higher priority than seeking food and clothing first?

**Live the Christ Life**

- What are some general things in life that people choose to do which may actually increase their anxiousness about their possessions?
- Talk about specific things or practices going on in your life that may be increasing your anxiousness about your financial position or ability to meet basic needs.
- Talk about the traditional role of a father within a family. When we worry, what are we saying to God and his ability to be a Father for us?