

# Talk It Over

## MISSING PEACE

### Part 4

#### Breaking the Grip of Worry

### SMALL TALK

1. Can you share a recent situation that made you feel worried or anxious and briefly explain why it had that effect on you?

### VIEWPOINT

2. **Read Matthew 6:25-34.** What does Jesus teach us about the futility of worrying about our daily needs and life in general?
3. According to this passage, what are some examples of God's provision for the natural world, and how can we apply this understanding to our worries?
4. How does the concept of seeking God's kingdom first relate to overcoming worry in our lives, as mentioned in Matthew 6:33?
5. Jesus advises us not to worry about tomorrow (Matthew 6:34). What are some practical strategies for living in the present and not being consumed by worrying about the future?

### GETTING PERSONAL

6. How might applying the principles from Matthew 6 help you handle a similar situation as described in question 1?
7. In what ways do you currently seek God's kingdom in your daily life? Are there areas where you could improve your focus on God's priorities instead of your worries?

### MAKING PROGRESS (THIS WEEK)

1. What are some concrete steps you can take this week to prioritize seeking God's kingdom in your daily activities?