

SERMON PASSAGE GUIDE

Pastor Jason Uptmore

This Week's Passage

²⁵ "For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is life not more than food, and the body more than clothing? ²⁶ Look at the birds of the sky, that they do not sow, nor reap, nor gather crops into barns, and yet your heavenly Father feeds them. Are you not much more important than they? ²⁷ And which of you by worrying can add a single day to his life's span? ²⁸ And why are you worried about clothing? Notice how the lilies of the field grow; they do not labor nor do they spin thread for cloth, ²⁹ yet I say to you that not even Solomon in all his glory clothed himself like one of these. ³⁰ But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! ³¹ Do not worry then, saying, 'What are we to eat?' or 'What are we to drink?' or 'What are we to wear for clothing?' ³² For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. ³³ But seek first His kingdom and His righteousness, and all these things will be provided to you. ³⁴ "So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.



Prepare Your Heart & Mind

Begin this time in prayer, confessing any sins you can recall, thanking the Lord for the gift of His Word, and asking for His Spirit to guide you in your time.

Reflect/Connect

Use these questions to reflect privately in prayer, or journal, or to start a meaningful conversation in your Life Group.

- What are the specific things you tend to worry about most when you think about your future or your family's well-being?
- When you feel anxious or worried, what usually sits at the root of that fear? Is it a fear of losing control, a lack of resources, or something else?

Grow in the Word

These questions are designed to guide your personal study, or spark spiritual conversation in your Life Group.

Jesus tells His followers not to worry about their lives, specifically what they will eat, drink, or wear. He points to the birds of the air, which do not sow, reap, or store food in barns, yet are fed by the heavenly Father. He also points to the lilies of the field, which do not toil or spin, yet are dressed more beautifully than King Solomon in all his glory. Jesus argues that if God cares for birds and wild grass, He will certainly clothe and care for His children (v. 25-30).

- Based on the verses right before this passage (v. 19-24), how might choosing earthly wealth as your ultimate master lead to anxiety?
- How does understanding your value to the "heavenly Father" fundamentally change the way you view your unmet physical needs?
- In what ways does recognizing our human limitations free us from the burden of trying to control the future? Consider Jesus' comment in verse 27 and take a look at Psalm 39:4-5.

Jesus repeats His command not to worry about basic needs, noting that the Gentiles seek after all these things. Instead, He reminds His followers that their heavenly Father already knows what they need. He commands them to seek first His kingdom and His righteousness, promising that these daily needs will be added to them. Finally, He tells them not to worry about tomorrow, because each day has enough trouble of its own (v. 31-34).

- How does constant anxiety begin to make a believer's life look similar to someone who doesn't know God?
- What would it practically look like to redirect the mental energy you normally spend on worrying toward seeking God's kingdom instead? Take a look at Philippians 4:6-8; Colossians 3:1-2.
- How does Jesus' statement that "each day has enough trouble of its own" help explain why His followers should not worry about tomorrow? How might that shape the way you approach the challenges in front of you today?

Practice Together

This section provides an easy way to live out the truths of the passage in daily life, whether you're with your Life Group, family & friends, or on your own. These practices help turn reflection into relationship & action.

- Set aside time each day this week to name your specific worries before the Father in prayer, and intentionally entrust each one to His care.
- Choose one practical way to "seek first the kingdom" this week, whether through time in Scripture, generosity, or serving someone, and let that priority shape how you approach the rest of your responsibilities.

