



Devotion Info

Simmer Down

DAY 1 Read Matthew 6:25-27

[25] "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? [26] Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? [27] Can all your worries add a single moment to your life?"

Matthew 6:25-27 NLT

- Recognizing that there are two concentric circles of people in Jesus' audience, how do believers versus non-believers interpret his words in verses 25-34?
- Is there a different outcome between the two?

Application:

- What can you confess to your Life Group regarding worry that will help you take steps toward Christ to find a deeper sense of peace?
- What captured your attention most in the Seek First series?

DAY 2 Read Matthew 6:25-27

[25] "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? [26] Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? [27] Can all your worries add a single moment to your life?"

Matthew 6:25-27 NLT

- When reading verse 27, does it challenge you to examine how often you demonstrate an appropriate level of concern, or does it remind you how frequently you struggle with neurotic worry?

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DAY 3 Read Matthew 6:28-30 and Matthew 17:20

[28] "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, [29] yet Solomon in all his glory was not dressed as beautifully as they are. [30] And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?"

Matthew 6:28-30 NLT

[20] "You don't have enough faith," Jesus told them. "I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, 'Move from here to there,' and it would move. Nothing would be impossible."

Matthew 17:20 NLT

- When Jesus uses the phrase "you of little faith" in contrast with "the faith of a mustard seed" in Matthew 17:20, how does it change your understanding of this moment in Matthew 6:30?
- Is this a rebuke or a coach championing them to more?

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DAY 4 Read Matthew 6:28-30 and Matthew 17:20

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Matthew 17:20 NLT

- What about our culture drives our desire to acquire more than we have?
- Can you think of any ways that this drive is spiritually healthy? What are they?

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DAY 5 Read Matthew 6:33-34

[33] Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. [34] "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

6:33-34 NLT

- How does Jesus bring all of chapters 5 and 6 into focus with these verses?

Application:

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If you would like a daily reminder of these devotionals for each week's sermon, text "DEVO" to 512-877-5131 and you'll receive a text message after 8am Monday-Friday with a link to that day's devotional.