



- Simmer Down -

Ice-Breaker:

How often have you heard the words, “simmer down” or “relax,” and it brought calm to your heart? How would you respond to someone who told you to simmer down as a response to your concern or problem?

Discussion Questions:

Read Matthew 6:6:25-27

1. 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?
2. 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?

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

3. 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?
4. 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?

Read Matthew 6:33-34

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

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?**