

SERIES: FREE INDEED

**FREE
FROM
WORRY**

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Small Group Study Guide

Freedom From Worry

Matthew 6:25–34

Oak Park Church Small Groups
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Session Overview

We all face seasons of anxiety and uncertainty, but Jesus calls us to a higher way of living; a life of trust instead of tension. In this session, we'll explore how faith frees us from the weight of worry, and how putting God first unlocks peace that passes understanding.

Icebreaker

Think of a funny or memorable time when you worried about something that never happened. What did you learn from it?

Scripture Reading

Read Matthew 6:25–34 aloud as a group.

Big Idea

Worry drains today of its strength and distracts us from God's priorities. Jesus teaches us that when we seek first the Kingdom, God takes care of everything else.

1. Worry Is Common, But It's Not Constructive

Jesus said "Do not worry" three times (vv. 25, 31, 34). Worry can't change your height, fix your future, or fill your needs — it only steals your peace.

Discussion Questions

- What is something you tend to worry about most often?
- Why do you think it's so easy for worry to feel "normal" or even responsible?

2. Worry Is the Opposite of Trust

Jesus says, “Look at the birds... consider the lilies.” If God cares for creation, He’ll certainly care for you. Worry questions God’s character; trust rests in His care.

Discussion Questions

- What do the birds and lilies teach us about God’s faithfulness?
- How does focusing on God’s care change your perspective on your problems?

3. God Wants Us Carefree, Not Careless

“Don’t worry” doesn’t mean “don’t plan.” Planning shows faith; worrying shows fear. The difference: Concern looks for solutions; worry fixates on problems.

Discussion Questions

- How can you plan wisely without crossing over into worry?
- In what ways can you show healthy concern in your family, finances, or faith without anxiety?

4. The Cure for Worry: Right Priorities

Jesus said, “Seek first the Kingdom of God.” Worry divides the mind; worship unites it. When you put God first, everything else finds its place.

Discussion Questions

- What does “seek first the Kingdom” look like in your daily life?
- What practical step can you take this week to put God first in an area that’s been causing you stress?

5. Trade Your Worry for Worship

Philippians 4:6–7 reminds us: “Be anxious for nothing... but in everything by prayer...” Prayer is the place where we transfer the weight from our hands to God’s hands.

Group Exercise

Each person writes one current worry on paper. Fold it, pray together, and symbolically release it — giving it to God.

Key Takeaways

- Worry is inconsistent – God gave life, He'll sustain it.
- Worry is irrational – He feeds the birds; He'll feed you.
- Worry is ineffective – It changes nothing.
- Worry is irreligious – It's living like you have no Father.

Memory Verse

“Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.” — Matthew 6:34 (NKJV)

Closing Prayer

Lord, thank You that You are our Provider and Protector. Help us to seek first Your Kingdom and release every worry into Your capable hands. Replace our anxiety with peace and our fear with faith. In Jesus' name, amen.

Leader's Notes

Encourage open conversation. Remind participants that worry is a common human experience, but faith gives us a better focus. Allow moments of prayer and reflection throughout the session. Close with a time of gratitude and testimony.