



RIDGEPOINT CHURCH • GROW GROUPS GUIDE

Do Not Worry

A Better Way

WEEK 5

MATTHEW 6:25–34 (ESV)

Matt Ehresman • September 20, 2026



LEADER PREPARATION

- **Thank you for investing in your Grow Group each week!** If you have questions, need help, or are looking for additional resources, visit our Grow Group Leader page: ridgepointwichita.com/growleaders
- **Looking for an easy icebreaker? Grab the NOT JUST SUNDAYS card game** we handed out. Try just a few cards each week—have everyone answer one card, or let people choose between two. It's a simple way to keep building relationships!
- **This discussion guide is exactly that—a guide.** Skip questions, add your own, spend longer on a verse, or adjust it to fit your group. You know your group best! And if you have feedback on these guides, please let us know.

Opening (10 min)

OPENING QUESTION

What's something you find yourself worrying about most often right now, big or small?

MESSAGE SUMMARY

We're in week five of "A Better Way," our walk through Jesus' Sermon on the Mount. In **Matthew 6:25–34 (ESV)**, Jesus tells the crowd gathered on a hillside near the Sea of Galilee, most of them ordinary working people who knew real financial pressure under Roman occupation and taxation, not to be anxious about their lives. He points to birds that don't store up harvests and wildflowers that don't spin thread, both cared for by God, and asks how much more God will care for people made in his image. Jesus isn't pretending birds never go hungry or that flowers last forever; he acknowledges in **Matthew 10:29 (ESV)** that even a sparrow can fall to the ground, yet never outside the Father's notice and care. Jesus also isn't promising a trouble-free life, as he says plainly in **John 16:33 (ESV)**. He's promising a Father who sees, knows, and provides in the middle of real trouble. The path out of worry, Jesus says, is to seek first the kingdom of God and his righteousness, trusting that everything else will be added.

KEY POINTS

- ◆ Jesus points to birds and lilies (**Matthew 6:26, 28–30 (ESV)**) not because they never struggle, but because God faithfully provides for even the least valuable of his creatures.
- ◆ The word Jesus uses for "anxious" carries the sense of being divided or pulled apart. Birds have a healthy alertness to danger, but they don't ruminate the way people do.
- ◆ Even when hard things happen (**Matthew 10:29 (ESV)**, **John 16:33 (ESV)**), we are never outside the Father's care, and Jesus is honest that trouble and victory come together, not one instead of the other.
- ◆ Seeking first the kingdom starts with loving God and loving others (**Matthew 22:37–40 (ESV)**). When our attention turns outward, we tend to stop treating our own comfort as the only thing that matters.
- ◆ When worry resurfaces, Jesus' pattern for us is to remember: to call God's faithfulness to mind the way the writer of **Lamentations 3:21–23 (ESV)** does, right in the middle of genuine grief.



UP

A Daily Relationship with God

20 MIN

BIG IDEA

God is not distant or indifferent to daily worries about food, clothing, and provision. Believing facts about God isn't the same as trusting him as Father with today's specific worry, and it's that daily trust that actually loosens anxiety's grip.

SCRIPTURE AT THE CENTER**Matthew 6:26, 28–30 (ESV)**

"Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ... Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?"

Birds and lilies aren't perfect examples of stress-free living; birds do starve, and these flowers were often gathered as kindling for cooking fires within weeks of blooming. That's part of Jesus' point: even short-lived, ordinary creatures are cared for by God, so people, who are far more valuable, can trust him too.

Matthew 10:29 (ESV)

"Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father."

Jesus doesn't promise every bird a long life. He promises that not one falls outside the Father's notice and care, even in death. That's a truer comfort than a promise that nothing bad will ever happen to us.

John 16:33 (ESV)

"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

Jesus is honest that trouble is coming; he doesn't soften that. Peace doesn't come from circumstances going well, it comes from who is holding onto us in the middle of them.

Matthew 22:37–40 (ESV)

“You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it. You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets.”

Loving God and loving people aren’t separate assignments; they’re linked. Seeking first the kingdom starts here: when our attention turns toward loving God and others, we tend to stop treating our own comfort, and our own worries, as the only thing that matters.

Lamentations 3:21–23 (ESV)

“But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.”

This hope-filled statement comes from the middle of a book about genuine grief and hardship; the writer isn’t pretending life is easy. He deliberately calls God’s faithfulness to mind. When worry resurfaces, that same move is available to us: remember what God has already been faithful to do.

DISCUSSION QUESTIONS

- ◆ What’s the difference between believing God exists and actually trusting him with today’s specific worry?
- ◆ Birds and flowers don’t work hard to earn God’s care; it’s simply given. Where do you catch yourself trying to earn God’s provision instead of receiving it?
- ◆ Read John 16:33 (ESV) again. Does it surprise you that Jesus promises trouble in the same breath as peace? Why or why not?
- ◆ Jesus ties seeking the kingdom to loving God and loving others (Matthew 22:37–40, ESV). Why do you think love, and not just correct belief, is what actually loosens worry’s grip?
- ◆ What’s one specific way God has been faithful to you before (Lamentations 3:21–23, ESV) that you could call to mind the next time you’re anxious?
- ◆ What’s one specific worry you’re carrying that you could hand over to God this week, and what would that look like practically?



IN

A Shared Life Together

15 MIN

WHY THIS MATTERS

Worry tends to isolate. When we're anxious, we often pull inward and try to manage it alone. Part of God's provision for anxious people is other people. Jesus' summary of the whole law, love God and love your neighbor (Matthew 22:37–40, ESV), points the same direction: when our attention turns outward instead of running our own lives, we tend to worry less.

GROWING TOGETHER

This is part of why this group exists. A sermon can remind you that God cares for the birds and the lilies, but it's usually a text from someone in this group, or someone actually showing up, that reminds you God cares for you specifically. When you're anxious, one of the most practical things you can do is show up for someone else; it re-centers your attention and reminds you that you're not the only one carrying something. If someone in this group is carrying something heavy this week, let this be the week you actually check in, instead of assuming someone else will.

DISCUSSION QUESTIONS

- ◆ Who in this group tends to carry worries quietly instead of naming them out loud? What would it look like to invite that kind of honesty?
- ◆ Loving God with "all your heart, soul, and mind" sounds big. What's one ordinary, daily way you could actually practice that this week?
- ◆ Is there someone in your life right now who needs you to simply show up, even if you don't have a solution for their worry?
- ◆ Matt mentioned that sometimes worry is heavy enough that we need real help: a therapist, a friend, a pastor. Is reaching out like that easy or hard for you? Why?



OUT

An Outward-Focused Faith

10 MIN

LIVING IT OUT

Jesus says not to be anxious about tomorrow, since tomorrow will worry about itself. One of the most practical tools he leaves us is memory: calling to mind what God has already proven faithful to do, the way the writer of Lamentations does in the middle of real grief, not after it's over (Lamentations 3:21–23, ESV). When worry resurfaces this week, that same move is available to us.

DISCUSSION QUESTIONS

- ◆ Think back to something you were anxious about a year ago. How did it actually turn out?
- ◆ What's one specific way God has been faithful to you before that you could "call to mind" the next time you're anxious?

- ◆ Closing challenge: this week, when a specific worry surfaces, try saying it out loud (to God, and to at least one other person), then name one way God has already been faithful.

FOCUS ON GROUP PROJECT — OUT PROJECT UPDATE

- **Depending on your group's OUT PROJECT**, there may not be much to report each week, and that's okay! The biggest thing is simply keeping us in the loop.
- If you haven't already: **Please let us know what your group has chosen for your OUT PROJECT.**
- As you go: Keep us updated on any significant changes, needs, or progress with your project.
- Need ideas, resources, or guidance? Visit our *Grow Group Leaders page* for more help.

Closing Prayer

Close your time together by inviting the group to share prayer requests. Then lead the group in prayer, drawing from these prompts from today's sermon:

PRAYER PROMPTS

- Pray for anyone in the group carrying a specific worry about provision, health, or work, that they would know God as Father rather than just believe facts about him.
- Pray that this group would notice and reach out to whoever tends to worry quietly and alone.
- Pray for the courage to seek real help, a friend, a pastor, a counselor, when worry becomes heavy rather than trying to manage it alone.
- Pray that each person would grow in the practice of calling God's faithfulness to mind (Lamentations 3:21–23, ESV) the next time worry resurfaces.



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