



Key References:

Luke 12:22–25 (ESV) - ²² And he said to his disciples, “Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. ²³ For life is more than food, and the body more than clothing. ²⁴ Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!

Philippians 4:6 (ESV) - ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Luke 11:11–13 (ESV) - ¹¹ What father among you, if his son asks for a fish, will instead of a fish give him a serpent; ¹² or if he asks for an egg, will give him a scorpion? ¹³ If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!”

Romans 14:17 (ESV) - ¹⁷ For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.

Colossians 3:15 (ESV) - Let the peace of Christ rule in your hearts, to which indeed you were called in one body.

Luke 12:31–32 (ESV) - ³¹ Instead, seek his kingdom, and these things will be added to you. ³² “Fear not, little flock, for it is your Father’s good pleasure to give you the kingdom.

1 – TO WORRY IS HUMAN

Katie said; “according to a study about 85% of what people worry about never happens. When it does happen 80% of it was manageable”.

What does this show you about the fruit of anxious thinking? Do those percentages ring-true in your life?

Read Luke 12:22-26. **Explain what you think Jesus meant by saying “life is more than food, and the body more than clothing”. What are the ramifications of this on our lives today?**

2 – JESUS KNOWS WHAT WE NEED

Read Luke 12:27-30. **Think about your life up until this point; how has God shown you that He knows your needs? What is the difference between our needs and our wants?**

How do lilies grow and why do you think Jesus brings plants up as an example?

Read Philippians 4:6. **If God already knows our needs when why should follow this instruction?**

Is there an area in your life where you are struggling to see Gods provision?

3 – INSTEAD, SEEK MY KINGDOM

Read Luke 12:31-32. **Why would Jesus tell us not to focus on needs and worries but instead to seek his Kingdom? What does it mean to seek his Kingdom?**

Katie explained it as “Seeking God’s rule and reign in our lives”. **How does that cause us to surrender our own rule, control and plans?**

If we gave control over our lives to God how would that reduce your anxiety? How can someone go about doing this?

Katie described Jesus on Sunday as “the God who came close.” **How can that description give us a deeper trust over this passage in Luke?**

Read Colossians 3:15. **Is the peace of Christ on the throne of your heart? How can we put Christ there is not?**