

## Sermon Text Discussion Notes 3/26/2023 – Stand Alone Sermon

Matthew 6:25-34 - “Look at the Birds: Seeking the Kingdom in an Age of Anxiety” by Trent Hunter

### Overview

Today we considered admonition and encouragement from Jesus himself as he addresses the age-old problem of anxiety in his Sermon on the Mount. Drew’s brother, Trent, led us through what Jesus prescribes as a remedy for the various forms of anxiety we experience in our lives. He began by noting that Jesus does not turn away from those experiencing anxiety, but rather he seeks, understands, and sympathizes with us. And what does Jesus prescribe for our anxiety?

- I. Something to look at: Birds (Matthew 6:26-27)
- II. Something to consider: Lilies (Matthew 6:28-32)
- III. Something to seek: His kingdom and righteousness (Matthew 6:33-34)

### Quotations

*God saves some of His most beautiful words for anxious people. -- Unknown*

*Anxiety may lead you to build bigger and bigger and bigger barns to hedge against the future and make it impossible that anything could go wrong for you, to make you depend wholly on yourself and everything you’ve done, to make sure that you’re safe for the future...Beware of barns.” —Trent Hunter*

### Discussion Questions

1. Consider the primary cause(s) of anxiety in your life. As you think about the future, what most concerns you? Are you tempted to build bigger barns (see Luke 12:13-21 and quote above)? Where is the balance between planning for the future and anxiety about the future?
2. Discuss remedies that Jesus provides for dealing with anxiety. What do birds teach us? What do lilies teach us? What does seeking first His kingdom and righteousness look like and teach us? What does worry about tomorrow gain or lose for us?
3. How have aspects of our modern world (e.g., secularism, technology, etc.) contributed to anxiety in and around you? How might you resist and protect yourself from these influences? Moreover, how might you be an agent of peace, comfort, and witness to the better remedy that Christ provides?
4. Trent suggested going outside without phones as medicine for anxiety. What do you learn about God and His provision for you when you go outside and prayerfully observe what you see around you?
5. Do you really believe that you are more valuable and treasured by God than anything else in all of creation? Do you really believe that He is capable of caring for you from now and throughout eternity?
6. Trent closed with praying the Lord’s Prayer (Matthew 6:9-13). This prayer can easily become commonplace, and we might mindlessly recite it without reflection. In light of this teaching from Jesus, pray this prayer afresh, reflecting on each phrase in dependence and trust, adoration and thanksgiving.