

JESUS^{AT THE} CENTER OF THE KINGDOM

GROUP GUIDE

This guide is designed to help you study the Scriptures and deepen your relationship with God. Use this guide by yourself or with others.

To find a group, visit brookwoodchurch.org/groups.

Message Title: *Worry*

June 21, 2026

CONNECT

If new people have joined your group, take time to introduce yourselves to each other.

1. On a scale of 0–10, how full (10) or drained (0) do you feel coming to group today? Why?
2. What's a small moment from this week that felt meaningful?

THE SERMON ON THE MOUNT

This is the third part in a message series titled *Jesus at the Center of the Kingdom*. The series covers the Sermon on the Mount, Matthew 5-7. In the summer of 2024, we looked at Matthew 5. In the summer of 2025, we studied Matthew 6. We're concluding the series this summer, studying Matthew 7.

Matthew 5-7 is most commonly referred to as *The Sermon on the Mount* because Jesus gave this powerful teaching from a mountainside (*Seeing the crowds, he went up on the mountain...* Matthew 5:1a ESV). The name simply points to where it happened, but the message is much more than a location. It's an invitation to another way of life. It's a call to a life of humility that restores and strengthens relationships. To a life of prayer that draws us closer to God and realigns us with His purpose for our lives. It provides us a way to know what is true and who we can really trust. It's a call to build our lives on the foundation of Jesus so we can stand firm when the storms of life come crashing in. Ultimately, *The Sermon on the Mount* is Jesus' announcement of what His kingdom is like and what kind of people His grace is forming us to become. *May we be these kind of people.*

PRAY

Take a few minutes to quiet your heart and release the cares of the day. Take a couple of deep breaths and allow any tightness you feel in your neck and shoulders to relax. Then pray together, asking God to meet each of you right where you are. Ask Him to show you more of His beauty, His truth and His direction. Invite others to voice their prayers as they feel led.

GROUP TIPS

- If your group has eight or more people, it might be helpful to break into circles of four or five for greater participation and deeper discussion. When you come back together, invite each group to share a few takeaways from their conversation.
- Don't worry if you don't get to all the questions. Spend time reading and really thinking about what the Bible is saying and what God is revealing to you personally.

STUDY AND DISCUSSION

Matthew 6:27-34 (ESV)

²⁷ “And which of you by being anxious can add a single hour to his span of life?

²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰ 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? ³¹ Therefore do not be anxious, saying, ‘What shall we eat?’ or

‘What shall we drink?’ or ‘What shall we wear?’ ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you.

³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

1. Define *anxious*.
[The Greek word is better translated *to worry anxiously*].
2. The disciples left their work and families to follow Jesus. Why would they have been worried or anxious?
3. In what areas of life do you tend to worry the most?
4. What did Jesus say is a good remedy for being anxious? Why?
5. Do a search online for a description of lilies. Does that help you understand why Jesus chose this metaphor? Explain.
6. What contrast does Jesus make between your life and grass? How can that distinction be helpful?
7. Writers over the years have described Jesus as *relaxed, present, never in a hurry*.
 - a. How often would you say you have this sort of settled spirit?
 - b. What impact would this way of life have on your relationships?

8. Reflect on the idea of God's tender care.
 - a. What are some ordinary ways God cares for you that you don't always notice?
 - b. What's a practical way you could develop a more ongoing awareness of God's tender care?
9. When you ask people how they're doing, many people respond *I'm so busy*. How is busyness related to worry?
10. What does it mean to *seek first the kingdom of God and his righteousness*?
11. How is focusing on God's kingdom related to His provision?
12. How can worry be a blessing in your relationship with God? How often do you think of it this way?

Take time this week to reflect on these passages from The Message* version of the Bible:

Matthew 6:34 (MSG)

“Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.”

Psalms 145:15-17 (MSG)

All eyes are on you, expectant; you give them their meals on time. Generous to a fault, you lavish your favor on all creatures. Everything God does is right—the trademark on all his works is love.

* The Message is commonly understood as a paraphrase rather than a formal translation. NavPress explains, *Eugene Peterson renders the meaning, tone, and force of the biblical text in fresh, idiomatic English rather than closely following the original wording*. It can help familiar passages sound fresh again, especially for devotional reading. But for study, doctrine and memorization, a more formal or balanced translation such as NIV, ESV, NASB, CSB or NLT is safer.

LIVE IT OUT

Ask God what He wants to say to you, then spend a few minutes quietly listening for Him to speak. This could be a word or phrase from the passage that stands out to you, or a simple thought He brings to mind.

Based on this week's lesson, God is calling me to _____ .

PRAY

Share what you sensed God saying to you and pray for each other.

SCRIPTURE MEMORY

Here's a great verse to memorize based on this week's teaching. Read it every day until you know it by heart. Trust God to bring it back to mind at just the right time!

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

Philippians 4:19 (NLT)