Pray together to enter the study
Read text aloud (2-3 verses per person)

FRAME *2 min to read aloud*

An account of Jesus' life written by Matthew.

This is part of Jesus' teaching to His followers and surrounding crowds.

OBSERVE

5 min to reflect alone, 5 min to all share

Imagine yourself in the story. What do you see, hear, and smell?

Look for repeated words, comparisons, contrasts, and cause and effect.

Note characters, relationships, locations, time, actions, and reactions.

INTERPRET

3 min to gather q's, 12 min to discuss

Develop some questions based on your observations. What stirs your curiosity?

Imagine the perspective of the people in the scene.

Answer your questions from the text and context.

SUMMARIZE & SPOTLIGHT

1 min to read the summary aloud

Jesus says to not store up treasures or money because you will be devoted to what you store in your heart. He tells His listeners not to worry because God will provide.

3 min to individually write a main point
2 min for all to share, end with leader

WEEK 5: DEPRIORITIZING WORRY

Matthew 6:19 – 34 (NIV)

19 "Do not store up for yourselves treasures on earth, where moths and
vermin destroy, and where thieves break in and steal. 20 But store up for
yourselves treasures in heaven, where moths and vermin do not destroy, and
where thieves do not break in and steal. 21 For where your treasure is, there
your heart will be also.
22 "The eye is the lamp of the body. If your eyes are healthy, your whole body
will be full of light. 23 But if your eyes are unhealthy, your whole body will be
full of darkness. If then the light within you is darkness, how great is that
darkness!
24 "No one can serve two masters. Either you will hate the one and love the
other, or you will be devoted to the one and despise the other. You cannot
serve both God and money.

25 "Therefore I tell you, do not worry about your life, what you will eat or drink;
or about your body, what you will wear. Is not life more than food, and the
body more than clothes? 26 Look at the birds of the air; they do not sow or
reap or store away in barns, and yet your heavenly Father feeds them. Are
you not much more valuable than they? 27 Can any one of you by worrying
add a single hour to your life?
28 "And why do you worry about clothes? See how the flowers of the field
grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all
his splendor was dressed like one of these. 30 If that is how God clothes the
grass of the field, which is here today and tomorrow is thrown into the fire,
will he not much more clothe you—you of little faith? 31 So do not worry,
saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we
wear?' 32 For the pagans run after all these things, and your heavenly Father
knows that you need them. 33 But seek first his kingdom and his
righteousness, and all these things will be given to you as well. 34 Therefore
do not worry about tomorrow, for tomorrow will worry about itself. Each day
has enough trouble of its own.

INVITATION

5 min for individual reflection, 5 min to share as a group

What we save (money, etc.), consume (social media, books, etc.), or worry about becomes our priority. What do you worry about as a healthcare worker or student? Write one tangible way you can bring Jesus into that worry this week:

CONCLUDE

5 min to pray for each other and your applications

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