

The Restful Life Kingdom Provision

Our Heavenly Father longs to provide for us (Matthew 6:25-34). His heart is for us to know and experience daily the rest, peace, and abundant life He has to offer. It is the way of His kingdom. But worry and anxiety are stealing these things from us, especially as we strive to live in our own strength and power. God invites us to fully believe and embrace the truth that we are immensely valuable in His eyes and that He longs to care and provide for us beyond what we could think or imagine. When we seek first His Kingdom – His reign and authority in our lives – we position ourselves to receive all that He longs to give us.

GET THINGS STARTED

What is something recently you have tried to do all on your own that did not work out well for you? Did someone eventually help you, and if so, who was that person and how did they assist you? What was your level of stress or anxiousness when it initially was not working out for you?

WATCH THE GROUP VIDEO FOR WEEK 5

GO DEEPER

1. In Matthew 6:25, Jesus teaches us not to be anxious about what we will eat, drink, or wear. What things today would Jesus tell us not to be anxious about? What are some of the most common causes of worry or stress in your life and in the lives of those you know?
2. From Matthew 6:26-28, what point is Jesus making with His rhetorical questions (i.e., *are you not more valuable than the birds of the air; will he not much more clothe you than the lilies of the fields*)? What is revealing about the nature and character of God, and about His kingdom?
3. According to Matthew 6:33-34, we must *seek first the kingdom of God* to position ourselves to receive God's provision. What does it mean and look like practically to chase after, desire, and pursue His kingdom first? What are the biggest roadblocks to giving His kingdom this kind of priority?

MAKE IT PERSONAL

1. To what degree is your life currently clouded with worry and anxiety? What are you trying to do in your own strength and power emotionally, relationally, and spiritually that is not working out like you had hoped?
2. Do you truly believe that God will provide all that you need mentally, emotionally, physically, relationally, spiritually, financially, etc.? What possibly creates a measure of doubt in your heart and mind?
3. Are you seeking first the kingdom of God? If so, what gives you that confidence? If not, what is preventing you from stepping into that pursuit and desire? What needs to shift for you to make His kingdom a priority?

PRACTICE IT NOW

Take time together, in an attitude and posture of prayer, to ask God for a heart that fully trusts His provision. Invite Him into those situations that you are currently facing that are stirring up worry and anxiety in you. Ask God for an increased desire to seek His kingdom first, removing all hindrances to that pursuit.

READING THIS WEEK: Chapters 8 & 9