Sermon-based Small Groups

_____ of _____

1stPresDowntown

Peace in the Present

Matthew 6:26-30

Week of August 23, 2026

This week's scripture:

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?

Scripture Reflection Questions: Read this week's scripture together and discuss the following:

- What do we learn about God (e.g., traits, personality, what matters, priorities) in this passage?
- What do we learn about people, and ourselves in particular, this week?

Sermon Reflection Questions: Reflecting on this week's sermon, discuss the following:

1. What part of the message or Matthew 6:26–30 stayed with you most strongly, and why?

2. Jesus tells us to "look at the birds" and "consider the lilies." What do you think he is inviting us to notice about God, ourselves, or the world around us?

3. What kinds of "what if" thoughts tend to pull you out of the present moment? How does worry show up in your everyday life?

4. What is the difference between healthy concern and worry that simply keeps us spinning? How can we tell when we've crossed that line?

5. Think about a time when something didn't go according to your plan, but you later recognized God's presence or faithfulness in the midst of it. What did that experience teach you about trust?

6. What would it look like for you to "live today" differently this week? What is one worry you could release to God and one present-moment gift you could intentionally receive?