



Following Jesus

Use this Bible study outline to take participants deep into the scriptural basis for the theme “Following Jesus,” from Matthew 6:25-33. Choose from among the discussion questions—and possible activities—to form a plan of guided sharing that will help participants see God’s word as valuable for their daily living, and invite them into both simplicity and generosity.

Opening Prayer

“Gracious God, you provide for our every need. You have called us to live as disciples of your Son, Jesus. Help us to see daily the abundance of your blessings in our lives. Guide us in the use of all that you have provided. And guide us by your Spirit to let go of the worries that claim us. Help us to put our trust in you. In Jesus name we pray, Amen!

Read Matthew 6:25-33.

Discussion Questions and Activities

1. As you hear or read these verses from Matthew chapter 6, what images come to mind for you?
2. These verses are a portion of Jesus’ Sermon on the Mount. Here Jesus is teaching the crowds about possessions and the faith. There is both warning and promise—undue focus on stuff can distort our judgment—and our heavenly Father provides for all our needs. Which of your possessions are potential problems or undue focus for you?
3. Where do you see God providing for you in your daily life?
4. What do you worry about most?
5. Consider verse 33: “But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.” What does “strive first” look like for you?

6. Watch the MAKE IT SIMPLE video segment, “What’s Enough?” or read the story from the Children’s Sermons section of this resource. Talk together about any of these matters:
 - Tell of a time when you have felt like Murray Worry.
 - The school nurse asked Murray Worry, “Don’t you know what’s enough?” What is enough for you?
 - Where in your life is there too much? How might you seek enough with that part of your life?

Closing Prayers

In closing, pray in thanksgiving for God providing for the needs of the members of your group, of the congregation, of your community and the world. Seek the guidance of the Spirit in discerning what’s enough. End with the Lord’s Prayer.