



Series title: The Kingdom of God  
Session title: Seek the Kingdom first

Read slowly and consider the passage:

Matthew 6: 31–34:

So then, forsake your worries! Why would you say, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ For that is what the unbelievers chase after. Doesn’t your heavenly Father already know the things your bodies require? So above all, constantly seek God’s Kingdom and His righteousness, then all these less important things will be given to you abundantly. Refuse to worry about tomorrow, but deal with each challenge that comes your way, one day at a time. Tomorrow will take care of itself.

There are 3 commands in these few verses – 2 of them about worry!

Discuss how we can leave our worries, especially those about the future [which we don’t yet have grace for!].

Share and pray together

Talk it through together

- How do we interpret and apply, ‘Constantly seek God’s Kingdom’?

Resources

**Listen to:**

Seek First -  
Housefires

**Read through:**

Matthew 6:31-34

**Watch:**

Seek first the  
kingdom – Kris  
Vallotton

<https://www.youtube.com/watch?v=e9oXaliB5Lc>