

Jesus Words On Worry (Matthew 6:25-34)

Worry...

- _____ us

“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 important** than food, and the body more important than clothes?” v.25

- _____ us

“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?” v. 26

- _____

“**Who of you by worrying can add a single hour** to his life?” vs. 27

- _____ God

“And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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, **O you of little faith?** So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” vs. 28-34

HOW TO WORRY WELL

Paul’s Prescription For Peace

(Philippians 4:6-9)

- _____ about _____

“Do not be anxious about anything, but **in everything, by prayer and petition, with thanksgiving, present your requests to God.** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” v. 6-7

- _____ the _____

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — **think about such things.**” v. 8

- _____ into _____ **What You’ve Learned**

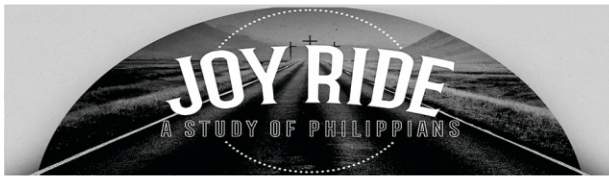
“Whatever you have learned or received or heard from me, or seen in me - **put it into practice.** And the God of peace will be with you.” v.9

Memory Verse
“Give all your worries and cares to God,
for he cares about you.”
1 Peter 5:7

MY NEXT STEP IS TO . . .

- Begin to follow Jesus as my Lord for the first time today
- Memorize 1 Peter 5:7
- Give my worries to God in the area of _____.
- Get the most out of today’s teaching by attending my Life Group this week.





Paul's Prescription For Peace

(Philippians 4:6-9)

Jesus Words On Worry

(Matthew 6:25-34)

Worry...

- **Distracts us**

"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 important** than food, and the body more important than clothes?" v.25

- **Devalues us**

"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?" v. 26

- **Doesn't Work**

"**Who of you by worrying can add a single hour** to his life?" vs. 27

- **Dishonors God**

"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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, **O you of little faith?** So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." vs. 28-34

How To Worry Well

- **Pray about Everything**

"Do not be anxious about anything, but **in everything, by prayer and petition, with thanksgiving, present your requests to God.** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." v. 6-7

- **Ponder the Positives**

"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — **think about such things.**" v. 8

- **Put into Practice What You've Learned**

"Whatever you have learned or received or heard from me, or seen in me - **put it into practice.** And the God of peace will be with you." v.9

Memory Verse

"Give all your worries and cares to God,
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MY NEXT STEP IS TO . . .

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Discussion Questions - Week #3

LIFEGROUPS

QUICK REVIEW

Thinking back to the weekend sermon, "How To Worry Well," summarize the main point in a sentence or two.

Was there anything you heard for the first time or that caught your attention, challenged, or confused you?

Do you plan on taking any practical steps this week in response to the message?

GETTING STARTED

- In the message this weekend, we learned that we must pray about everything when it comes to our anxieties. What do you usually do when you're feeling anxious?

- If worry has such a disastrous effect on us, why do you think we are so prone to do so?

DIGGING DEEPER

1. In King David's life, we see a foretaste of Paul's later encouragement to pray about everything. Considering all he had to worry about, it's no surprise David was literally a prayer warrior. Read Psalm 27 together. What stands out to you?

In verse 1, David asks, "Whom shall I fear?" and "Of whom shall I be afraid?" What are the things in your life that regularly cause you to worry?

How might relying on the Lord as the stronghold of your life (v.1 NIV) impact how you experience and respond to worry?

How does this Psalm demonstrate David's choice to focus on God rather than the source of his worries?

David's final words in this Psalm encourage waiting on the Lord. What might it look like to wait on the Lord in your life?

2. Read 2 Kings 6:8-17. How would you have responded to Elisha when he said in verse 16, "Those who are with us are more than those who are with them."?

How do you think you would have felt when your eyes were opened?

What's something we could do regularly to have the peace and perspective that Elisha had on your problems?

Do you think there is a lesson to be learned from this passage in how we deal with worry? If so, what?

FOR PRACTICE

Anxiety often leads to our attempts to control that which feels out of control. Prayer releases us from our need to control. It is an act of surrender and an acknowledgment of our dependence and trust on the One in control. If worry has become a consistent presence, try shaking up your routine. Before grabbing your phone to check texts or emails in the morning, consider spending three to five minutes in silent prayer. It is a practice built around Psalm 46:10, quieting our hearts and minds and giving God space to speak.

SHARE IT

Is there anything you heard or learned in the weekend message or Life Group this week that you want to share with someone you know?

PRAYER REQUESTS

☞ Pray for our mission partners Bob and Val Hultslander as their time with Commission on Compassion draws to a close and await God's leading to their next ministry. Pray also for continued placements of their former residents, that they find housing and a Christian community.