

Do Not Worry - Matthew 6:25-34

“ 25 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 than food, and the body more than clothes? 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 of little faith? 31 So do not worry, saying, What shall we eat? or What shall we drink? or What shall we wear? 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

1. What do we worry about? How much do we worry?
2. What does worry do to us?
3. Why do we worry?
4. What is the opposite of worry?
5. Who knows the future? (Jeremiah 29:11 - “For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and future.”)
6. According to Jesus, what should we focus on and why?
7. Do I worry about my life? How can I be assured of my future? (1 John 5:10 - “Whoever has the Son has life; whoever does not have the Son of God does not have life.”)
8. How can I have attitude of trust in God in uncertain situations?