

A Free Life
Matthew 6:25-34

Study #9 of Life on the Rock

1. Begin with Prayer

2. Read Scripture Together Matthew 6:25-34

Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

3. Share Who You Are

- A. Name some things that make you anxious. Ask "What is it about these problems that cause you anxiety?" What does God promise about His care for creation and for us? (Matthew 6:30-32)
- B. What four things does Jesus specifically mention that cause anxiety? Do you struggle with any of these? Why do you think Jesus chose these? How does Jesus assure us He will provide?
- C. What does Jesus say trusting Him is a matter of? How do we grow our faith? (Luke 11:9-13)
- D. What does Jesus command us to seek first? (Matthew 6:33) What does Jesus promise about those who seek His Kingdom first? (Matthew 6:33)
- E. Are you anxious about any future events? Is your anxiety causing you to miss anything today?

4. Take This Next Step

Make a list of things that cause you anxiety. Pray through that list asking the Holy Spirit to show you promises from God's Word about each one. If your knowledge of the Bible is limited, you can search "Bible Promises" on-line. That will lead you to several possibilities. Apply those promises to your anxieties.

5. Pray Together