

PUSH MY BUTTONS

Part 5: The Button We Can't Push

Objective: To encourage us to trust Jesus and stop worrying about the future.

“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—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.

Matthew 6:25-34

- Are you a worrier? If so, what are the things that you worry about the most? Why do you worry about those specific things?
- Worry is a drain on our health, our relationships and our spiritual lives. Can you see places in other people's lives where worry has been destructive? What about your own life?
- Jesus says, “Do not worry.” Does that seem too simple? Why? If worry is destructive and if Jesus commanded us not worry, why do so many of us still do it so often?
- Trusting God for the future involves three things: Patience, Persistence, Accepting God Knows Best. Which of those three are you best at? Which are you weakest at?
- What are one or two things you can start doing this week to build your trust in God as you face the future?

Consider this week:

- When you are tempted to worry about the future, pause and ask God to increase your faith.

Final Thought: God wants us to be free to move forward into the future he has for us. What do you need to let go of today so you can trust God for tomorrow?