

How Not To Worry?

Matthew 6:25–34

What Does The Bible Say?

25 “That is why I tell you not to worry about everyday life— whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? ²⁶ Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? (Matthew 6:25–26 NLT)

27 Can all your worries add a single moment to your life? (Matthew 6:27 NLT)

When we are not in control, we become anxious,

God has already determined when you will die.

28 “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, 29 yet Solomon in all his glory was not dressed as beautifully as they are. 30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? (Matthew 6:28–30 NLT)

31 “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ (Matthew 6:31 NLT)

When we fear failure, we become anxious.

Failure happens to everyone.

32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. (Matthew 6:32 NLT)

How Can You Obey?

33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. (Matthew 6:33 NLT)

Seek God first.

34 “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today. (Matthew 6:34 NLT)

Focus on today.

Additional Notes:

If you want to use your home to disciple others, check out our training at www.crosswaveschurch.com/host. Cross Waves has produced short videos to train you to use your home to reach others for Christ. So please check it out.

Explore:

Christianity is about more than attending church and living a good moral life. Being a Christian is about having a vibrant personal relationship with Jesus Christ. Every Sunday School teacher or Bible study leader should want to see each learner enter into this relationship—their eternal destiny depends on it.

As you work toward this goal, keep the following in mind:

Following Christ is more than a mere decision; it is about a lifelong relationship. Jesus called us to make disciples, not mere

decision-makers. Aim for long-term faith, not momentary emotion.

Salvation is a matter of grace, not works. Our works do not save us (Ephesians 2:8-9), nor do they keep us (Galatians 3:2-6).

Good works are a product of salvation, not a prerequisite to it.

Don't confuse sanctification with salvation. Holiness follows salvation; it doesn't precede it. Don't try to impose "Christian" expectations on men and women who don't know Christ.

- Keep it simple. Being born again is not complicated. Here's a simple way to explain it:

- Acknowledge your sinfulness and need for a Savior (Romans 3:10, 23).

- Trust in Christ's sacrifice for your sins and His resurrection (Romans 10:9-10).

Surrender your life to God's transforming power (Romans 12:1-2).

Remember that your job is to tell the truth in a way others can understand, answer their questions, and allow them to respond.

If you do that faithfully, some will respond and join the band of Christ- followers. When they do, Heaven will rejoice!

Question 1 of 4

How is worry sin? Have you considered worry a sin and repented of it?

Question 2 of 4

How do your culture and economic status shape what you consider the appropriate standard for God's feeding, clothing, and taking care of you? How might your perspective change if you lived in a different context?

Question 3 of 4

How can our trust in God, when we would naturally worry, be an evangelistic witness to others?

Question 4 of 4

How can increasing our desire and concern for God's kingdom lessen our worry over our lives and the future?