

“Therefore Do Not Worry”

Bible Study Starters

During the Sermon on the Mount, Jesus told His audience, “Do not worry.” That’s easier said than done. This Bible Study Starter will help you explore ways to worry less and trust God more.

MATTHEW 6:25-34

(New King James Version)

Therefore I say to you, do not worry 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, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?

So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?

Therefore do not worry, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

QUESTIONS

1. Jesus said that worrying can’t add a cubit (a unit of measure) to our height. If worrying doesn’t accomplish anything, why do you think it’s such an easy habit to fall into?
2. What are three of your biggest worries right now?
3. What practical, reasonable steps can you take to reduce the likelihood of those worries becoming a reality?
4. Will any of those steps guarantee you protection from your worries?
5. Jesus said that the Father provides food for the birds of the air and clothes the grass of the field—and then explained that God cares much more about you. How can remembering that truth make it easier not to worry about uncertainties in your own life?
6. There’s a difference between “not worrying” and “not making an effort.” What steps can you take to maintain the balance between not panicking about problems and not doing your part?
7. To fully let go of our worries, we must believe three things about God:
 - i. That He is **able** to help us.
 - ii. That He is **willing** to help us.
 - iii. That if He chooses **not** to help us, it’s not because He is abandoning us, but because He can see the bigger picture and has something better in store for us.Which of those truths is hardest for you to believe? Why?
8. God promises that if we seek **first** His Kingdom and His righteousness, He will provide the rest of our needs. What can you do to make the Kingdom of God a higher priority in your day-to-day life? What habits can you introduce into your daily routine? How do you think these habits will impact your worries?