

Do Not Worry

Matthew 6 v25-34

“Worrying is like a rocking chair. It will give you something to do but will not get you anywhere!” (Vance Havner). We all know, as the Bible points out, that worry weighs down the heart, see Proverbs 12 v25 which also says that a kind word cheers it up. Nevertheless, we can all find ourselves worrying. Take a few moments to note what you have worried about over the last months. And now let us ask the question:

- How do we confront worries when they come knocking on your door?

1. Realise who the Provider is and how important we are to Him

Read Matthew 6 v25 to 27.

- Who is our Provider?
- What happens if we think that what we have and what we have achieved comes down to who we are and what we have done?
- What does Jesus' use of “your heavenly Father” tell us about how important we are to Him?

2. Dare to be child and get to know our Father

Read Matthew 6 v28-32.

- What image is created by the comparison with Solomon in these verses?
- How does this tie in with the world's view of maturity and independence?
- How does this contrast with maturity as a child of our heavenly Father?
- What is the result of knowing our heavenly Father and depending on Him?

3. Do not forget what is really important and take on God's supply.

Read Matthew 6 v33-34

- What are we called to seek in these verses?
- Think back to the worries that we noted down at the beginning. Now ask the question: whose kingdom are we building if we look at these worries? Ours or God's kingdom?
- What does it mean to “seek first his kingdom and his righteousness”?
- What is the result? See also Philippians 4 v6-7 and John 14 v27.

Does this lead you to:

4. Exchange your worries for God's peace?

5. Do not let your worries eat you!

Read 1 Peter 5 v7-8.

- What warning about anxiety and worrying can we see in verses 7 & 8?
- What is the solution given in verse 7?
- Looking at this and the study as whole, what does this mean for us in the days and weeks to come?