

June 9, 2019
Help For The Worried Heart
Matthew 6:25-34

This week, Pastor David continued the Sermon on the Mount series by talking about how God helps us through times of fear, worry and anxiety.

- How do you define/describe WORRY? What are the people and/or situations you find yourself worrying about most often?
- What are your default reactions to worry and stress? Do those reactions show your trust in God to provide for all your needs? Explain.
- Pastor David said *“Worry is always a thief in your life.”* Think about what worry has stolen from you. How can you keep it from stealing more from you going forward?
- How has God’s Word given you confidence that you can trust God in all areas of your life? What specific Scripture(s) have been meaningful to you and why?
- Why are we so quick to fear that God either can’t or won’t give us the answers to our questions about the future? How might seeking God’s Kingdom “first” keep us from being overwhelmed and paralyzed by fear, worry and anxiety?

ADDITIONAL DISCOVERY:

“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. “ Matthew 6:25-34

“Cast all your anxiety on him because he cares for you.” 1 Peter 5:7

“Worry does not empty tomorrow of its sorrows, it empties today of its strengths.”

Corrie Ten Boom

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