



²⁵ '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 labour or spin. ²⁹ Yet I tell you that not even Solomon in all his splendour 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

#1. WE HAVE A GOD WHO IS IN CONTROL

²⁵ '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?

Matthew 6

²⁵ Who of you by worrying can add a single hour to your life? ²⁶ Since you cannot do this very little thing, why do you worry about the rest?

Luke 12

#2. WE HAVE A GOD WHO CARES

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?

Matthew 6

³² He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things?

Romans 8

#3. WE HAVE A GOD WHO COMMISSIONS

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.

Matthew 6

DISCUSSION QUESTIONS

1. What are some things you are worrying that are beyond your control? What do you see other people doing that makes you worry for yourself or your loved ones?
2. How do you know that God truly cares for you? How does this truth address the worries you shared in Question 1?
3. How does living for God’s purposes dispel anxiety? What specific practical decisions or changes should you make in order to “seek first the kingdom of God and his righteousness”?