

Trusting Jesus in Tough Times

March 17, 2024 • Dan Woolery

A. Seven good reasons to stop worrying:

1. Life is _____ than food and clothing. (v. 25)
2. You are more _____ than a bird. (v. 26)
3. Worry gets you _____. (v. 27)
4. Flowers last a _____; you are _____. (vv. 28-30)
5. Worry is _____. (vv. 31-32)
6. Seek God and God will _____ your needs. (v. 33)
7. Trust God for _____. (v. 34)

B. Reflections:

1. Don't _____ on God.
2. You are not exempt from _____.
3. Don't _____.
4. Service leads to _____.
5. Your God will _____ you.

Matthew 6:25-34

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 important than food, and the body more important 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 Who of you by worrying can add a single hour to his life?"

²⁸ "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor 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, O 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. (NIV)

Personal Reflection or Group Discussion Questions

Open: What are some ways you've seen God provide for your needs in unexpected ways?

Read & Discuss: Matthew 6:25-34

1. In verse 25, Matthew says to us, "Do not worry about your life." What are some things that we tend to worry about? Why do we worry about such things? Why do you think Jesus draws attention to the fact that worry won't add any hours to our lives (v. 27)?
2. If food is essential to life, how is "life more important than food" as verse 25 states? Similarly, how is "the body more important than clothes" (v. 25)? How can remembering these truths help us to overcome worry?
3. What truths about God does Jesus want us to draw from His observations about creation in verses 26-30? What are some other ways you see the character of God observable in nature? What are ways you've seen the character of God observable in your own life?
4. From verses 32-33, how would you describe the way in which Jesus expects His followers to be different from those who do not know and follow Him? What does it look like practically to "seek first his kingdom and his righteousness" (v. 33)?
5. Does the promise of verse 33 mean if we seek first His Kingdom and His righteousness then all our needs will be met without us even thinking about them? Explain. How would you reconcile Jesus' promise in this verse with the fact that we all generally still need to support ourselves?

Apply: How should the principles that Jesus taught in this passage shape our attitude as we are challenged to be a blessing to our community?

Pray: What are some things you're currently worrying about? Ask God to care for those needs while also redirecting our hearts and minds so that the things of this world have their proper place in our lives.