

# Why Do You Worry?

**June 6, 2021**

**Precepts**

# Opening Question(s)

What has helped you keep God's  
eternal perspective on worry in  
mind?

## MATTHEW 6:25-27 (NLT)

25 “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing?

26 Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are?

27 Can all your worries add a single moment to your life?

# MATTHEW 6:28-30(NLT)

28 And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing,

29 yet Solomon in all his glory was not dressed as beautifully as they are.

30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

# MATTHEW

## 6:31-34(NLT)

31 So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?'

32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.

33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

34 So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

# DISCUSSION QUESTIONS

1. What makes you more valuable than the flowers or the birds?
2. Should someone trust Christ just so their physical needs will be met?
3. What does it mean and look like, in practical terms, to seek God first? (v. 33)

# APPLICATION FOR ACTIVATION

- In this passage, Christ does not condemn material possessions. He simply warns us of the peril we face when our search for things gets ahead of Him (cf. 1 Timothy 6:17). He reminds us that His Father is available to provide all our needs when we learn to trust Him. May each of us take a hard look at ourselves and our lifestyle.
- Are we really placing the interests of Christ and His kingdom first? Are we developing that confident trust in our Father that was so characteristic of Christ? There's no better time to start than now!

# APPLICATION FOR ACTIVATION

- You might want to try the experiment discussed in the In Focus section, either as individuals or as a group. Make a list of everything that is worrying you today, date it, and place it in an envelope not to be opened for a month. While you are listing your concerns, pray about each one.
- When you open your envelope a month from now, you will have a fresh perspective (and answered prayer) about today's problems. You can trust God—You are of great value to Him!