

Week 7 Matthew 6:25-34 Do not worry

1. Overview - Progressive Sanctification (Matthew 5:1-2)
2. The Beatitudes (Matthew 5:3-10)
3. Salt and Light, Law and Righteousness (Matthew 5:11-20)
4. Exceeding Righteousness (Matthew 5:21-43)
5. Pleasing God or People (Matthew 6:1-18)
6. Treasures in Heaven (Matthew 6:19-23)
7. Do not worry (Matthew 6:25-34)

Matthew 6:25 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?

26 **Look (1)** 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?** 27 And which of you by being anxious can add a single hour to his span of **life**?

28 And why are you anxious about clothing? **Consider (2)** the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 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 (3)?**

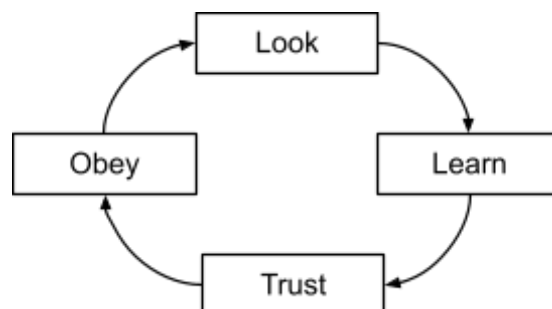
31 Therefore **do not be anxious**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the Gentiles **seek after all these things**, and your heavenly Father knows that you **need them all**. 33 But **seek (4) first the kingdom of God and his righteousness**, and all **these things** will be added to you.

34 Therefore **do not be anxious** about **tomorrow**, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

We tend to worry/be anxious about our life (provision, safety), our body (appearance, health) and tomorrow (future).

Jesus tells us to look, learn, trust, and obey.

- Look: we are very valuable in God's sight
- Learn: God promises to provide and protect
- Trust: don't be of little faith
- Obey: do not worry, seek God's kingdom and His righteousness



Look

We are very valuable in God's sight, the most valuable of all his creatures.

*Matthew 6:26 **Look** (Strong's 1689 em-blepó, concentrated looking at, consider) 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?*

*Matthew 10:29 Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. 30 But even the **hairs** of your head are all **numbered**. 31 **Fear not**, therefore; you are of **more** _____ than **many** sparrows.*

*Matthew 12:12 Of how _____ **more value** is a man than a sheep! So it is lawful to do good on the Sabbath.*

The Father gave up His son for us. Jesus died for us. The Holy Spirit lives in us. That defines our worth and value. God loves us all, we are all equally valuable.

*Romans 8:32 He who did not **spare his own Son** but **gave him up for us all**, how will he not also with him **graciously give us all things**? 33 Who shall bring any charge against God's elect? It is **God who justifies**. 34 Who is to condemn? **Christ Jesus is the one who died**—more than that, who was raised—who is at the right hand of God, who indeed is **interceding for us**. 35 Who shall separate us from the _____ **of Christ**? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? ... 38 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 39 nor height nor depth, nor anything else in all creation, will be able to separate us from the _____ **of God** in Christ Jesus our Lord.*

*Romans 2:11 For God shows **no** _____.*

Learn

God the Father, the Son, and the Holy Spirit all teach us. Learn and find peace.

*Matthew 6:28 **Consider** (Strong's 2648, kata-manthanó, down + **learn**) the lilies of the field, how they grow: they neither **toil** nor **spin**, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 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**?*

*John 6:45 It is written in the Prophets, 'And they will all be **taught** by God.' Everyone who has **heard** and _____ from the **Father** comes to **me***

*Matthew 11:28 **Come** to me, **all** who **labor** and are **heavy laden**, and I will give you **rest**. 29 Take my **yoke** upon you, and **learn** (manthanó) from **me (Son)**, for I am **gentle and lowly in heart**, and you will find **rest for your souls**. 30 For my **yoke is easy**, and my **burden is light**."*

John 14:26 But the Helper, the **Holy Spirit**, whom the **Father** will send in **my name**, he will **teach** you **all things** and bring to your **remembrance all that I have said** to you. 27 Peace I leave with you; my _____ I give to you. Not as the world gives do I give to you. Let not your _____ be **troubled**, neither let them be **afraid**.

We need to learn God's promises for protection and provision.

Psalm 23:1 The Lord is my **shepherd**; I **shall not want**. 2 He makes me lie down in **green pastures**. He leads me beside **still waters**. 3 He **restores my** _____. He **leads me in paths of righteousness** for his name's sake.

Psalm 34:10 The young lions suffer **want** and **hunger**; but those who _____ the Lord **lack no good thing**.

Psalm 84:11 For the LORD God is a **sun** and **shield**; the LORD bestows **favor** and **honor**. **No good thing does he** _____ **from those who** _____ **uprightly**.

Romans 8:28 And we know that for those who love God **all things work together for** _____, for those who are called according to his purpose.... 31 What then shall we say to these things? If God is for us, who can be against us? 32 He who did not spare his own Son but gave him up for us all, how will he not also with him **graciously give us all things**?

Trust

Jesus wants us to grow in our faith.

Matthew 6:30 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**?

Matthew 8:25 And they went and woke him, saying, "**Save us, Lord**; we are perishing." 26 And he said to them, "Why are you **afraid**, **O you of** _____ **faith**?" Then he rose and rebuked the winds and the sea, and there was a great calm.

Matthew 14:29 He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. 30 But when he saw the wind, he was **afraid**, and beginning to sink he cried out, "**Lord, save me**." 31 Jesus immediately reached out his hand and took hold of him, saying to him, "**O you of** _____ **faith**, why did you doubt?"

Our faith grows when we realize who He is and remember what He did in the past.

Matthew 8:9 For I **too** am a man under **authority**, with **soldiers under me**. And I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my servant, 'Do this,' and he does it." 10 When Jesus heard this, **he marveled** and said to those who followed him, "Truly, I tell you, with **no one in Israel** have I found **such** _____ ...13 And to the centurion Jesus said, "Go; let it be done for you as you have **believed**." And the servant was **healed at that very moment**.

Matthew 15:25 But she came and knelt before him, saying, "**Lord, help me**." 26 And he answered, "It is not right to take the children's bread and throw it to the dogs." 27 She said, "**Yes, Lord**, yet even the **dogs** eat the crumbs that fall from their **masters'** table." 28 Then Jesus answered her, "O woman, _____ is your **faith!** Be it done for you as you **desire**." And her daughter was **healed instantly**.

Matthew 16:7 And they began discussing it among themselves, saying, "We brought no **bread**." 8 But Jesus, aware of this, said, "**O you of little faith**, why are you discussing among yourselves the fact that you have no bread? 9 Do you not yet **perceive**? Do you not _____ the five loaves for the five thousand, and how many baskets you gathered? 10 Or the seven loaves for the four thousand, and how many baskets you gathered?"

Obey

God tells us not to worry. Instead we should pray and meditate on what is good, and do it. This will result in peace.

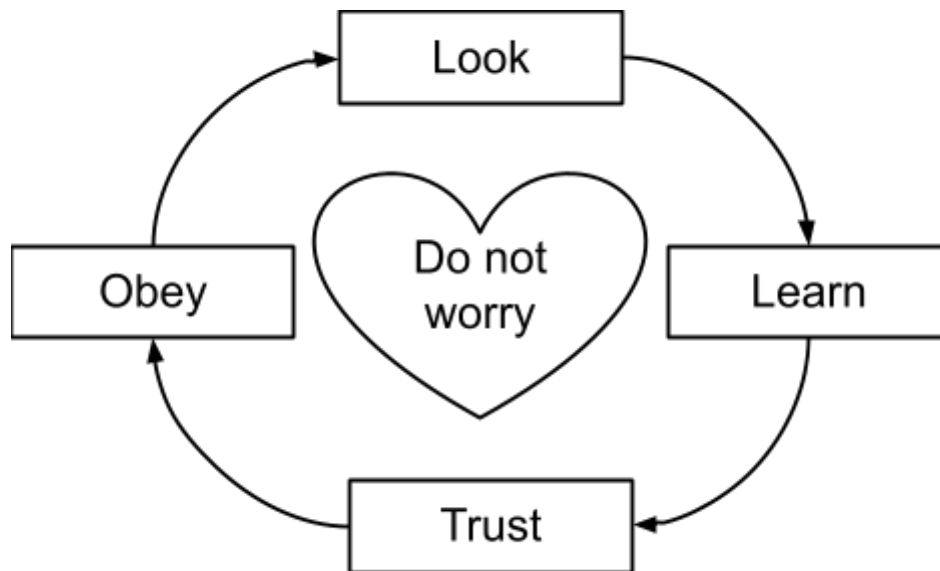
Matthew 6:31 Therefore **do not be anxious**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

Philippians 4:6 **do not be anxious** about **anything**, but in everything by **prayer and supplication** with **thanksgiving** let your requests be made known to God. 7 And the **peace** of God, which surpasses all understanding, will **guard** your **hearts and your minds** in Christ Jesus. 8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, **think** about these things. 9 What you have learned and received and heard and seen in me—**practice** these things, and the **God of peace will be with you**.

Jesus tells us to seek His kingdom and righteousness first, then He will take care of all our needs, now and forever. Do not worry.

Matthew 6:32 For the Gentiles **seek** after all these things, and your heavenly Father knows that you **need them all**. 33 But **seek first** the **kingdom of God** and his **righteousness**, and **all these things** will be added to you. 34 Therefore **do not be anxious about tomorrow**, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 19:27 Then Peter said in reply, "See, we have **left everything** and _____ you. What then will we have?" 28 Jesus said to them, "Truly, I say to you, in the **new world**, when the Son of Man will sit on his glorious throne, you who have **followed** me will also **sit on twelve thrones, judging** the twelve tribes of Israel. 29 And everyone who has left **houses or brothers or sisters or father or mother or children or lands, for my name's sake**, will receive a _____ and will **inherit eternal life**.



Discussion Questions:

1. Why do we tend to worry? We may know that it's commanded to not to. But we still do it. Why?
2. What promises of God give you the greatest peace and comfort?
3. Is your faith growing? How can you tell?