

# Don't Worry – Jesus Said

## *Matthew 6:19-34*

Okay! Welcome back and here we go! Today we talk about worry or what is better known as anxiety! Anxiety, by definition, is fear of what MAY or MAY NOT happen. We are going to start with some scriptures we already talked about and put them into context.

### **Matthew 6:19-34**

- 1) Where are you most insecure in your life?

There are a lot of ways to answer that. Obviously, financially is the big focus here but Jesus expounds from our earlier lessons when He says in *verse 25, "Therefore"*. The first half is all about getting a self-made sense of security and then trusting in it more than God.

- 2) Have you ever been without, or financially insecure? What did you worry about most?

I think all of us have had feast or famine moments. But truly, how did we get through these times? Did God ever fail us?

### **Matthew 6:25-30**

- 3) What is the main message you hear?

I think Jesus is calling into question our faith. Is it in things or in God? If it is in God, then we know He will be with us. If it is in things, well, they can fail us.

- 4) What if my trust is between both things? "I trust God as long as I have enough?"

### **James 1:2-11**

Here James is talking about spiritual wisdom in trials, but really, so is Jesus. The trials we face in life surrounding maintaining a healthy, moderate lifestyle ---- a car, a place to live, a partner, food, a job, savings and clothing. Maintaining all of these things can be a challenge. Yet, we do it! We need Godly wisdom.

Again, what is anxiety?

**Matthew 6:31** The command, "**Do not worry.**"

Then in **6:32**, Jesus says we are different. We have a God who cares, who can provide, who is watching.

What separates us from others? Our faith. Absolute faith is what I call *A Knowing*.

**Matthew 6:35**

5) How does a person seek the kingdom first?

We can have all kinds of ideas but it really comes down to service. If I am serving God, I am serving others and God will provide all I need to accomplish that.

**Psalm 37:4**

We are either thinking about giving or about self-preservation. Sometimes both. Am I more concerned about providing for me, or am I concerned about you?

A lot of our life is spent getting what we need to survive; hence, education and employment! And this is not wrong. God feeds the birds, but they still need to forage and peck!

Why did God give Israel daily manna?

**Psalm 139:1-7 and 23-24**

“Try me” “Search me”

**Matthew 6:34**

6) What are your worries right now?

The first step to finding peace is admitting that you don't have it.

The second step is approaching God, with faith.

**Philippians 4:6-7** I would suggest you memorize this verse.

7) How can this help you today?

The peace of God is available. It is found through trust and faith in God and Jesus!