



Living the Jesus Way

Session 7: How to Stop Worrying and Start Living

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 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 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—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.

Class Notes:

Introduction: A or B?

1. Understand Life's Purpose

2. Keep Perspective

3. Be Practical

4. Trust God's Provision

5. Focus on the Present

6. Let Jesus set your Priorities

Discussion Questions

1. What are the kinds of things that worry you on a day to day basis?
2. How do you decide what is important?
3. What deserves our worry and what can be left for God to resolve?
4. Have you ever experienced severe anxiety? How did you deal with it and what did you learn that could help others?
5. How does our culture help or hinder us when it comes to being anxious about stuff?
6. In what ways have you found it to be difficult to trust in God's provision and in what ways have you found it to be easy?
7. How can we help to make tomorrow better for ourselves and others?