

## Worry and Anxiety

### WARM-UP

- What was the most expensive gift you've ever received? Who was it from? How did you feel when you received it?
- Have you ever saved up for something you really wanted? Tell us about that experience.
- Do you plan for the future or do you prefer living day by day? Why?

### WORD

*"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?"* **MATTHEW 6:25**

(Read also **MATTHEW 6:26-34.**)

Jesus begins this passage with *"Therefore"* as a conclusion from the preceding passage about treasuring things of eternal value and being devoted to God. He redefined the way His disciples think about life; instead of worrying about what they will *eat, drink, or put on*, Jesus challenged them to look to something greater. This also applies to us today. In this lesson, we will learn about what God values, commands, and promises so we can overcome worry and anxiety.

## 1 What God Values

<sup>26</sup>“Look 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? . . . <sup>30</sup>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 6:26,30**

Jesus compared His disciples to the *birds of the air*, *lilies*, and *grass of the field*. He explained how these plants and animals do not *sow* or *reap*, *toil* or *spin*, and yet they are fed and clothed by the heavenly Father. Jesus reminded His disciples that God values them more than these, so we need not worry because life is more than food and clothing, and our heavenly Father will provide for those He values. In fact, He knows what we need! How does God graciously provide for you and your family?

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## 2 What God Commands

<sup>31</sup>“Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ . . . <sup>33</sup>But seek first the kingdom of God and his righteousness . . .” **MATTHEW 6:31,33**

Jesus commanded His disciples to not be anxious, knowing that the Father values them. Because we are God’s children, He values us as well. Therefore, we are to not worry about where and how we will get food, drink, or clothing. Instead, we are to *seek first the kingdom of God and his righteousness*. This will indeed eliminate our worry for the trivial and temporal, and instead, focus on God, who is eternal. What does it mean to seek His kingdom first? Recall how this became real in your life.

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### 3 What God Promises

*<sup>33</sup>But seek first the kingdom of God and his righteousness, and all these things will be added to you. <sup>34</sup>Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."* **MATTHEW 6:33,34**

As we seek His kingdom and live righteously, Jesus promised that all these things *will be added* to us, and that He will meet our needs. He reassured us that we do not need to worry about tomorrow because as there is trouble only enough for each day, He will also provide the grace to live through it. The antidote for all of our worry and anxiety is knowing and trusting that God values us and keeps His promises. What are some of the promises of God in this passage?

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### APPLICATION

- How do you think God values you? Do you believe that He sent His Son, Jesus, to fulfill your greatest need for a Savior? Are you willing to receive Jesus as your Lord and Savior today?
- Do you believe God will continue to provide for your every need? Which Scripture can you meditate on this week, so you can grow in your understanding of His generosity, grace, and love towards you?
- Are you seeking God's kingdom above all else? How can you do this every day?

## PRAYER

- Thank God that He values you and He provides for your every need. Pray that you may understand and believe that His grace is sufficient for you, and He will enable you to live in His righteousness every day.
- Pray that as God provides for you, you will bless others and lead them to know His loving kindness.
- Pray that you will seek first God's kingdom and His righteousness, and that as you live righteously, you will preach the gospel to your family and friends.

## NOTES

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