

Don't Worry

Matthew 6:25-27 “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? 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? And which of you by being anxious can add a single hour to his span of life?”

Matthew 6:34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

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

Luke 12:25 “And which of you by being anxious can add a single hour to his span of life?”

John 14:27 “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. “

In Matthew 6:25 Jesus commanded His followers, “Do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing?”

The tense of the Greek text is properly translated, “Stop worrying.” The tense in Matthew 6:31 is different, however, and means, “Don’t start worrying.” Thus, Jesus brackets our passage with this meaning (one commentator says): **If you are worrying, quit; if you haven’t started, don’t.** God’s Word is clear—believers are not to be given over to anxiety. But it’s not simply a cold, abrupt command to stop worrying. Scripture is clear that we shouldn’t focus on the plans, needs, and uncertainties of tomorrow, but it’s also clear about where our focus should be instead. This is what Jesus said to His followers, and the same instructions hold true for us today: “Seek first His kingdom and His righteousness, and all these things will be added to you” (Matthew 6:33).

Replacing Worry With God’s Peace *Worry does not empty tomorrow of its sorrow. It empties today of its strength.*- Corrie Ten Boom

Colossians 3:15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.

2 Thessalonians 3:16 Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all.

Psalms 55:22 Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.

Verses For Those Feeling Anxious *Anxiety can be crippling, but we can replace it with thankful prayers and thoughts, and look to Christ for peace.*

A hundred load of worry will not pay an ounce of debt. – George Herbert

Proverbs 12:25 Anxiety in a man’s heart weighs him down, but a good word makes him glad.

1 Peter 5:7 Cast all your anxiety on him because he cares for you. **Philippians 4:6-7** do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

No one can pray and worry at the same time. - Max Lucado

Matthew 6:33 “Seek first His kingdom and His righteousness, and all these things will be added to you”

Psalms 23:4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Hebrews 13:6 So we can confidently say, “The Lord is my helper; I will not fear; what can man do to me?”

Isaiah 43:1-3 But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: “Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the LORD your God, the Holy One of Israel, your Savior.

Luke 21:14-15, 18-19 But make up your mind not to worry beforehand how you will defend yourselves. For I will give you words and wisdom that none of your adversaries will be able to resist or contradict.... But not a hair of your head will perish. Stand firm, and you will win life.

Hebrews 12:1-2 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And **let us run with perseverance the race marked out for us, fixing our eyes on Jesus**, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Worry is the antithesis of trust. You simply cannot do both. They are mutually exclusive. – Elisabeth Elliot

Jeremiah 29:11 For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Psalms 46:10 “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” **Psalms 56:3** When I am afraid, I put my trust in you.

Psalms 121:1-2 I lift up my eyes to the hills. From where does my help come? My help comes from the LORD, who made heaven and earth. **Psalms 112:7** They will have no fear of bad news; their hearts are steadfast, trusting in the LORD.

Proverbs 3:5-6 Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

1 Corinthians 10:13 No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

Worry, like a rocking chair, will give you something to do, but it won't get you anywhere. – Vance Havner

Romans 8:31 What then shall we say to these things? If God is for us, who can be against us?

Questions: Correlate the questions with the verses above. Looking them up and see them in context will help you understand and take in God's Word.

1. Do you see that you cannot add anything to your life by worrying?
2. Can you see that seeking and coming to know God and that He values you and will care for you, that it will relieve a lot of worry?
3. When was the last time you looked at the birds?
4. Take the thoughts of the things that worry you about tomorrow and imagine that they are gathered in your hand. Lift it up and give it to God. Ask Him to replace it with His good words and thoughts. This is a great deal of what faith is. Learning to let the lies that keep us down go to Him and replacing those with the truth of His love.
5. A yoke that helped the animals work to help cultivate the land to have food for the people and the animals to eat should fit them so that the work is good and rewarding. Are you doing work that fits you or is your yoke ill fitting? Will you ask God to help you find the right work that will fit you?
6. Is your concept of God one that sees Him as lowly and meek and serving and helping you? How does seeking and knowing God as He is (not as we perceive or misperceive Him) help us to love Him and others better?
7. It says here that God is giving us peace that is more and better than what the world can give. What are the ways you have been trying to find peace that the world gives that are not working?
8. If He is giving us peace – How can we receive it?
9. What beliefs will help you to not worry?
10. What thoughts and actions can you take to help you not start to worry?
11. What thoughts and actions to stop worrying if you do start or have already started?
12. What does it mean to let peace rule in your heart?
13. How does knowing that you are called help you not to worry?
14. How does being thankful help you not to worry? - Both attitudes cannot rule at the same time so gratitude can overcome worry.
15. When we remember the LORD is with us is one way to oust worry if we know who He is and the power and love and provision He has.
16. Christ is our righteousness and He helps us to be right in our attitudes, actions, relationships and choices. Can you see how He and that will help you to be stable and not moved around all the time?
17. One way to “cast” our anxieties on Him is to throw those thoughts up to Him and remember He throws our sins into the deepest seas. Another is to put on the Armor of God, and another is to confess our sins and pray for each other. Pray for others and ask them to pray for you.
18. Prayer
19. Supplication
20. Thanksgiving
21. What are we supposed to seek first? What is a kingdom? How is the kingdom of God different than a world kingdom? If God is the king of the kingdom and He is good and cares for us then the people of the kingdom who honor Him will be happy and provided for?
22. Look at each of the five verses after the Max Lucado quote and reflect on and discuss the particular ways that God is with us.
23. How can we fix our eyes on Jesus? Jesus says that the eye is the lamp to the soul – It means that focus of God and His love will bring light to our lives and give us the way to really see what is right in life.
24. How does knowing God has good plans and a future and hope for us help us to trust?
25. How does being still and knowing He is God help us?
26. Why is it necessary to acknowledge we have fear at times? Looking to God in that fear is the only way to look out and past and over it to be in a more solid place.
27. How is seeing that our way is not working and putting our trust in God and His ways is a relief?
28. What are the ways of escape that God is providing for you from temptations?
29. What are some ways we can bolster our understanding that God is for us and not against us?