

Lesson 7

Do Not Worry

One of the most common struggles among Christian women is worry. Jesus is very clear about the reason why we should not worry. It comes down to faith, the faith to trust God with everything. Jesus isn't changing the subject in verse 25, but rather is continuing from the lessons on how to pray and where our treasures are. Prayer and priority are directly related to worry.

Read Matthew 6:25-34.

1. What is the first word in verse 25? _____

The word *therefore* reveals that we must consider the teaching that led us to verse 25. When we agree with Jesus when it comes to making choices regarding our treasure (v.19-21), our vision (v. 22), and our masters (v. 24), we will *therefore* have little to worry about. However, we don't always choose correctly, *and* worry is a prevalent problem with Christian women.

2. Before we get into these nine verses about the very important topic of worry, take a minute and jot down your own personal struggles/experience with worry.

3. Now, list the things you worry most about.

The NKJV says, "... do not worry about your life." However, the King James Version of Matthew 6:25 says, "Take no thought for your life."

Vines Expository Dictionary of New Testament Words defines *worry* as being anxious about, to have a distracting care. *Blueletterbible.com* defines *thought* or *worry* as to seek to promote one's interest.

4. Think about these definitions. How does this correlate with Matthew 6:19-24?

5. It is very interesting that worry, and thought can mean the same thing. This teaches us where worry often begins – in our thoughts. Look up the following verses and record what you learn about *thoughts* and how they apply to worry.

2 Corinthians 10:5

Romans 12:2

Philippians 3:13

6. Go back and read Matthew 6:22. The KJV translates the word *good* as *single*; it means whole, healthy. How can being *single, whole, and healthy* benefit us when it comes to worry?

Read Matthew 6:25.

7. What are we not to worry about?

8. What is more important than clothing and food?

Let's pause to consider the Lord's intent. Jesus is not forbidding *thought*, nor is He forbidding planning for the future or preparing for our needs. Read Proverbs 6:6-8. What is the Lord instructing us to do?

It is okay for us to grocery shop, take showers, and think about things. What Jesus is condemning in these verses is *anxious* or *worrisome thoughts*.

Read Matthew 6:26-30.

9. Jesus uses two illustrations to assure us of His provision. List the two examples found in verses 26 and 28.

10. Who provides for the birds?

It is so important that we make these considerations because in doing so, it causes us to pause before we worry. It also allows us to put the focus on the Provider, rather than our own concerns.

11. Read Mathew 10:29-30. What was the cost or value of two sparrows?

12. Who creates the beauty of the lilies?

13. Go back and read Matthew 6:11. Instead of worrying about what we will wear and what we will eat, what should we pray instead?

14. Read Romans 8:32. Explain how this verse takes away every concern.

15. What are the truths found in Matthew 6:26, 30 regarding God's provision?

16. Do you believe these truths? Do you believe that you are of more value to God than the birds of the air and of more worth than the flowers of the field?

If you do not believe these truths, your focus is misplaced on yourself and not on God.

17. Read Psalm 8 and write out God's true opinion of man.

Read Matthew 6:27.

Can all your worries add a single moment to your life?

- Matthew 6:27 NLT

You cannot extend your life even by one cubit; therefore, recognize the utter futility and waste of time and energy involved in worrying ... Do your work; sow, reap and gather into barns; but remember that the remainder is in the hands of God.

- D. Martyn Lloyd Jones

18. Consider the senselessness of worry and write a response to Matthew 6:27.

19. What is Jesus' summation of those who worry? (v. 30)

As Christians, we all have saving faith. However, Jesus is not speaking of this type of faith in the Sermon. He is speaking of Christians whose faith is small. "*O, you of little faith,*" means trusting too little and lacking confidence in Christ. It is a phrase used by Jesus as a tender rebuke for anxiety.

20. Therefore, if you worry, what does this reveal about you?

21. Read James 2:14-26. Summarize what this passage teaches us about faith without works (or faith without evidence).

If we are to be different from the world, we must grow in our faith and not worry.

To be of 'little faith' means, first of all, that we are mastered by our circumstances instead of mastering them.

- D. Martyn Lloyd Jones

The solution to *little faith* is to have growing faith.

Read Matthew 6:31-33.

22. What is the first word in verse 31? _____

23. *Therefore*, because we know God clothes the lilies of the field and feeds the birds; *therefore*, because we know we are of more value to God than they; *therefore*, to not believe this is an indication of lacking confidence in Christ. *Therefore*, we must what? (Write out the command in verse 31.)

24. Do you say these things? Are they part of your vocabulary? Give some examples of the questions you still ask.

25. According to verse 32a, who seeks after these things?

Blueletterbible.org defines *Gentile* as pagan or heathen. Heathens are people who have no knowledge of God, and their worldview is not of the Bible.

26. Therefore, if you worry, what does this reveal about you?

27. What is the truth we must cling to found in verse 32b?

28. To whom do we pray? (Matt. 6:9)

29. Do you truly see God as your Father? Do you truly believe He knows all your needs and that He will take care of you?

30. Look up the following verses and record what you learn about your Father's love for you.

Psalms 56:8

Zephaniah 3:17

Matthew 10:30

The heathens have no knowledge of the Heavenly Father, nor do they have any knowledge or care for the Scriptures. But as a believer in Jesus Christ, we do. Therefore, when a concern comes our way, our first thoughts should not be, "What am I going to do? How am I going to get through this?" Remember, *do not worry* also means *take no thought*. Take no thought of the cares of this world. Rather, growing faith would consider the birds and the flowers. Growing faith turns to Scripture.

31. Look up Psalm 46:10 and write it down.

The word *still* does not mean to be motionless, rather it means to *cease striving, give it up*, AND KNOW- know God - know who He is. Surrender your cares and your worries to Him.

32. Look up Ephesians 3:20. What does this reveal about God and how He is able?

33. Read Luke 8:23-25. Do you see yourself in this account? Explain.

34. Read Matthew 6:33. What must we do instead of worry?

Recall back to Lesson 5, *Your kingdom come*. Remember from the Beatitudes, *Blessed are those who hunger and thirst for righteousness*.

Yours, O LORD, is the greatness, The power and the glory, The victory and the majesty; For all that is in heaven and in earth is Yours; Yours is the kingdom, O LORD, And You are exalted as head over all.

- 1 Chronicles 29:11

The LORD is righteous in all His ways, Gracious in all His works.

- Psalm 145:17

The Lord is righteous, He is holy, He reigns in heaven, and He reigns in the hearts of men on earth. His kingdom is present and future, and we must seek **these things**.

Thayer's Greek Lexicon defines *seek* as to strive after, to crave and to seek intensely.

35. Think about what this means and what you can do instead of worry. Record your thoughts.

Read Matthew 6:34.

This verse speaks of the absolute futility of worrying about the future. We know that worry results in absolutely nothing. You cannot better yourself or further your life with worry. In fact, Scripture is quite clear about the detriment of worry.

36. Read Psalm 37:8. What does worry (or fret) do?

37. Read Hebrews 13:8. What does this verse tell us about Jesus?

38. Explain how this verse can help you cease worrying about the future.

Again, Jesus is not saying we should not prepare for the future. He is saying we should not worry about the future, because He is the one who knows the future. He is also saying we need to take care of the concerns of today.

Scripture has much to say about worry. It is so important that we learn these Scriptures **and** apply them. When we do so, our faith will grow. When we put our trust in our Heavenly Father and believe He is able to take care of all needs, we will be a light that shines so brightly. To not worry is to be utterly different from the world.

39. Think about the witness you could be if you did not worry. Write down your thoughts.

40. Look up the following verses and write down not only what they teach you about worry **but also** how you are going to apply these verses the next time worry floods your thoughts.

Proverbs 12:25

Matthew 11:28-30

Philippians 4:6-7

1 Peter 5:7

1 John 4:18

41. Review Matthew 6:25-34. List all the do's and don'ts found in these verses and then list the truths. Commit this week to apply what you have learned to grow in your faith.
