

I. Introduction.II. Jesus tells you why you should not worry. v. 22-30

- A. Worry is *senseless* because your heavenly Father cares for you. v. 22-24, 27-28  
Rom. 8:32 Ps. 147:9 104:25,27
- B. Worry is *useless* because it accomplishes nothing. v. 25-26
  - 1. Anxiety is futile. v. 25 Heb. 9:27 Ps. 31:15 39:4-6 Luke 12:20 Job 14:5
  - 2. Worrying about tomorrow keeps you from being productive today. Mt. 6:34
- C. Worry is *faithless* because it denies God's loving care for you. v. 28b-30
  - 1. Ultimately anxiety is due to unbelief. v. 28b-30 Mt. 8:26 14:30-31 16:8 17:20
  - 2. Fretting is unworthy of a child of the king. v. 30b Mt. 10:29-31 Ps. 84:11

III. Jesus tells you how to stop worrying. v. 31

- A. Seek God's kingdom and righteousness first. v. 31a
  - 1. Don't try to overcome anxiety in the world's way. v. 18 12:16-21 Mt. 6:19-24
  - 2. Serve God with an undivided heart. v. 34,21 Mt. 13:44-46 Luke 10:38-42 I Kings 3:5-9  
2 Co. 8:9
  - 3. How, in practical terms, can you seek His kingdom first?
  - 4. Pursue His righteousness. Mt. 5:6 Heb. 12:14 Phil. 3:9 I Kings 3:10-14 I Tim. 6:11  
2 Tim. 2:22 Col. 1:10
- B. Trust God to meet your needs. v. 31b Heb. 4:15 13:5-6 Isa. 26:3 Ps. 55:22 46:1-2 121
  - 1. Cast your cares upon the Lord. I Pet. 5:7 Phil. 4:6
  - 2. How can the person undergoing severe trials find help? Mt. 11:28-30
  - 3. If you rely upon Him, He will not disappoint you. Ps. 37:25 34:10  
Ro. 9:33 10:11 I Pet. 2:6 I Cor. 10:13
- C. Give thanks for His bountiful provision and be content. Phil. 4:6,12 I Thess. 5:18  
I Tim. 6:6-8 Heb. 13:5-6
- D. You already possess what matters most – the kingdom of God. v. 32  
So act accordingly. v. 33ff

IV. Don't misunderstand or abuse God's promises! Mt. 6:34

- A. Jesus is not saying that you won't have any problems. Mt. 6:34b
- B. Nor is Jesus advocating irresponsibility. Mt. 25:14-30 II Thess. 3:10 Prov. 21:5
  - 1. You are to take care of today's troubles today, as God enables you. Mt. 6:34  
I Tim. 5:8,13 II Thess. 3:10 Lam. 3:22-23
  - 2. There is a legitimate kingdom concern for others. II Cor. 8:15 11:23f Phil. 2:20  
I Cor. 7:32-34

V. Concluding applications.

- A. We look forward to God's coming kingdom which will be glorious and trouble-free.  
v. 32-35,19-21
- B. If you are not a child of God, you ought to worry! v. 30

Discussion questions

1. Are you a worry-wart?
2. Why shouldn't you worry?  
What is the worst thing about worry?
3. What can you know about your spiritual state if you are consumed by anxiety?
4. How does one apply these principles in the midst of a crisis?
5. Are there issues about which we should be deeply concerned?  
What is the difference between legitimate concern and sinful worry?
6. How could an irresponsible person misuse this text?
7. What, in practical terms, can you do to seek God's kingdom and righteousness?