

Be Reformed – Open the bible: study, dig and ask what the main point of the passage is
Be Charismatic – Expect the Holy Spirit: ask God to speak, minister, build up and lead us to maturity

Be Community – Love God’s people: share vulnerably, apply, pray and build each other up
Be Missional – Win the world: apply lessons to outreach, make content accessible to non-Christians

Matt 6:25-34

25 “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? 26 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? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 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? 31 Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the Gentiles seek after all these things, and

your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

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

Also Read:

Psalm 56:3
1 Tim 6:12
Jer 6:16
Habakkuk 2:4
Phil 4:19
Matt 7:11
2 Cor 12:9-10
1 John 4:18
Eph 3:14-21
Amos 5
Isaiah 1:14

Study Guide 22 August 2010 – Do Not Be Anxious 2010



Summary

Worry and its big brother Fear are used constantly in this world to control us – at home, work, in religion and society. Jesus commands us not to be anxious about anything, trusting in a God who loves and provides.

Anxiety will cost us peace, values, family, joy, freedom, money, godliness, relationships and more. The bible compares us to the birds: God sustains them, so why do we think He does not sustain us? Disbelieving God’s sovereignty and provision is faithlessness.

God’s word reminds us constantly that God is our supplier. Living and drinking deep from His word enables us to acknowledge God and glorify Him as our loving provider.

Let us live upside-down lives of the kingdom, dying to live, leading by serving, giving to be rich, being last to be first, not worrying yet being provided for.

Key points

Your life is in God’s hands – it is His will if and how you live and die. Know His word and live like you trust God for everything you need.

Explanation

>>What things in your life are motivated by anxiety?
>>How does God want us to live upside-down kingdom lives?
>>How have we compartmentalized our lives, saying that we trust Him yet not living like we do?

Application

>>Make a change in your life that signals that you trust God to take care of you.
>>Pray often to ask God to be your provider and protector.

Final thoughts

If we believe that God is our loving provider and protector, why not take great “risks” to live like it is true? We will find that these “risks” are not truly risky at all.