

Lesson 15

“Do Not Worry”

Key Scripture Readings: Matthew 6:25-34

Summary

- Worry and anxiety are other critical issues Jesus addresses in this sermon. The Lord says to disciples, “Do not be worried about your life” (Matthew 6:25). Jesus is not condemning and demonizing those who have struggled with clinical depression. Neither is He suggesting that His people are to be lazy and unconcerned about the future.
- It is appropriate for disciples to have various concerns in life. Solomon urges one to be wise with their blessings, save, and be concerned about the future (Proverbs 6:6-8). Paul was concerned about the spiritual welfare of his brethren (2 Corinthians 11:28-29).
- In Matthew 6:25, Jesus is warning disciples against being overconcerned about the problems of this life. He is condemning worry and anxiety that leads someone to be unfruitful in the kingdom of God and absorbed in things beyond their control (Matthew 13:22).
- Instead of worrying about things that don’t matter, God’s people are to trust Him. They should consider how if He takes care of the birds, grass, and flowers, then He will certainly take care of them (Matthew 6:26-30). The Lord’s children are certainly more valuable to Him than the things of nature!
- Worry doesn’t add anything to a person’s life (Matthew 6:27). No one worries their way to a better and more productive life.
- The “Gentiles” mentioned in Matthew 6:32 is a reference to pagans (idol-worshippers). Since these people don’t believe in God, they don’t trust God. Their priorities and concerns are not in line with God’s will. Christians have a relationship with God, and this should instill in them confidence that God will always take care of them (Matthew 6:31). They know that God is always mindful of them and will provide them with the essential things they need (Matthew 6:32b).
- Instead of spending each day worried and anxious, disciples need to “seek first His kingdom and His righteousness” (Matthew 6:33). The “kingdom” here is a reference to the rule and reign of God. Placing God’s rule firmly in someone’s heart will help produce a life of peace and contentment. “Righteousness” likely refers to the means that God has ordained to make someone righteous (2 Timothy 3:16).
- Jesus urges His followers to take life one day at a time (Matthew 6:34). There is plenty to do in a day. Tomorrow isn’t guaranteed to anyone (James 4:13-17). Worrying is not going to change or solve the problems of the future.

Study Questions

1. What things often cause disciples to become full of worry and anxiety? What problems can these worries lead to?
2. Why is living a life of worry pointless? Why is understanding this usually easier said than done?
3. List some examples where Satan used worry to cripple servants of God. How did these servants overcome Satan's assault?
4. List some specific ways in which God has taken care of you in your life. How can remembering these things help you conquer worry?
5. List some ways in which you can seek first the kingdom of God and His righteousness? How can doing these things help you conquer worry?
6. List some of the things that you do in a typical day. How can reflecting on this list help you avoid worrying about the future?
7. List some occasions when worrying solved your problems and made your life better? How can this answer help you in the battle against worry?