

Do Not Worry

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Tuesday Morning Men's Bible Study

Park Cities Presbyterian Church

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Matthew 6:24-34

²⁴ “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

Do Not Be Anxious

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.

Table Discussion Questions:

1. What do you worry about? How does anxiety express itself in your life?
2. Do you see the connection between your worry and your worship? What does the connection look like for you personally?
3. How do we know when wise planning becomes an excuse for worshipping a false god?
4. When is it hardest to trust that God will provide for us? What does the provision of His Son tell us that God wants most for us?
5. In what specific area of your life do you need to trust God right now? How can you seek first His reign and His righteousness in that area, in this present moment?