

How To _____ On _____ No Matter What
Matthew 6:33; Selected Scriptures
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1. You need to realize you have the power to _____ whether or not you will be _____ or _____.

Matthew 6:25-32 (ESV) - 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.

Anxious – μεριμνάω; **Transliteration:** merimnaō.

Philippians 4:6-7 (ESV) - do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

2. You need to spend your time and energy _____ God instead of _____ about things.

Matthew 6:33 (ESV) - But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Seek – ζητέω; **Transliteration:** zēteō.

Ephesians 1:3 (ESV) - Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places,

2 Samuel 22:2-3 (NKJV) - And he said: "The LORD *is* my rock and my fortress and my deliverer; ³ The God of my strength, in whom I will trust; My shield and the horn of my salvation, My stronghold and my refuge; My Savior, You save me from violence.

Psalms 91:2 (ESV) - I will say to the LORD, "My refuge and my fortress, my God, in whom I trust."

Luke 11:9-10 (ESV) - And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. ¹⁰ For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.

Deuteronomy 4:29 (ESV) - But from there you will seek the LORD your God and you will find him, if you search after him with all your heart and with all your soul.

3. You need to learn how to take care of _____ instead of _____ about _____.

Matthew 6:34 (ESV) - Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 6:25 (ESV) - 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?

Luke 21:34-35 (NLT2) - Watch out! Don't let your hearts be dulled by carousing and drunkenness, and by the worries of this life. Don't let that day catch you unaware, ³⁵like a trap. For that day will come upon everyone living on the earth.

Questions to Consider

1. What do people worry about the most?
2. What are your top three worries?
3. Why should we take great comfort from the way the animal and plant kingdoms operate? (6:26)
4. What benefits does worry bring? (6:27)
5. Why do you think unbelievers and unspiritual people are overly consumed with a concern over food, water, and clothing? (6:32)
6. What priorities should you have in life? (6:33)
7. What will God do for you when you keep the right perspective, refuse to worry, and trust Him? (6:33)
8. If God is really in control of the universe, why do you worry so much about so many things?
9. How do you think worry affects you emotionally, physically, and spiritually?
10. Is the difference between planning for the future and worrying about the future? Explain
11. What worry will you entrust to God today?
12. What steps can you take today to change your priorities from worldly ones to kingdom ones?