

## MATTHEW 6:25–34, “DON’T LET WORRY KILL YOU”

<sup>25</sup>“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? <sup>26</sup>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? <sup>27</sup>And which of you by being anxious can add a single hour to his span of life? <sup>28</sup>And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup>yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup>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? <sup>31</sup>Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup>For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. <sup>33</sup>But seek first the kingdom of God and his righteousness, and all these things will be added to you.

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

### Discussion Questions (Choose a manageable number to discuss)

1. Does not letting anxiety get the upper hand mean ignoring the reality of trouble? How does the last sentence of this passage (v. 34b) place the rest of it in perspective?
2. Visiting preacher Peter Baker stated that the word translated “Gentiles” in verse 32 carries the sense of “pagans.” According to this section of the Sermon on the Mount (especially 25, 27, and 34), what “lifestyle aspirations” do unbelievers worry about?
3. In the long run, according to Jesus, why is worrying a time waster? How productive is it? (v. 27) Why is it “borrowing” trouble? (v. 34)
4. Do you believe that pursuing material prosperity in the “developed” nations has also enriched us in immaterial aspects of life—like shared values and relationships—or left us poorer? Why?
5. To what extent are the preoccupations of Christians the same as, or different from, those of unbelievers?
6. In verse 33, Jesus prescribes the antidote to anxiety. How would you express this to a new Christian in words he or she might understand? How should seeking God’s kingdom first shape our ambitions? How passionate should it make us? Is a resigned acceptance of fate an acceptable alternative to anxiety? Why or why not?
7. How do we know from the Sermon on the Mount (see Matt. 6:11) that for believers to care about their health and welfare is legitimate?
8. Peter Baker pointed out that this section of the Sermon underscores its initial thrust (especially in Matt. 5: 3 & 6) that blessedness is a *byproduct* of a single-minded thirst for righteousness. Pastor Baker’s used an illustration about filling a jar. What big rocks have you put first in your jar of life? Has that helped you fit the “gravel” and “water” elements in their proper place?