



A Worship Study Guide for Individuals, Groups and Families for the week of March 13, 2022

Be Not Anxious

This week, Pastor Steve Shelby preached from [Matthew 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.”

- What is something that has been **making you anxious**? **Why**?
- Last week, Jesus put His finger on the way we prefer earthly treasure, cannot see straight, and bent to choose an earthly master ([Matthew 6:19-24](#)). This week, He calls us to set our hearts and hopes on God alone. For the crowd listening to Jesus, **what particular temptations did they face?** (25)
- Jesus tells us to “**look at the birds**” (26). **What do they teach?**
- What does Jesus show us about **the futility of worry?** (27, 34)
- Jesus says, “**consider the lilies**” (28-29). **What do they teach?**
- **Jesus exposes human worry as unbelief** (30-32). What **story does unbelief tell to our hearts**? What does Jesus propose as **His alternative to unbelief**?
- In your own words, **what is Jesus calling us to in verse 33**?

- We are anxious about securing all kinds of good things that promise us worth, validation, and pleasure. However, **these good things cannot deliver us and we cannot even enjoy them as gifts** when **we put pressure on them to serve as functional saviors**. **What good thing are you tempted to give this kind of authority in your life? Why?**
- How does **knowing that you have a Heavenly Father** free you **from worry**?
- Remember that the One teaching here entrusted Himself to His Father—in life and in death. His sacrifice secured God’s love, favor and provision for you. Christina now call God our Father. **Repent and pray together** in light of this week’s passage.

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