

The Sermon on the Mount: The Way Out of Worry

Matthew 6:25-34

Look at how **valuable** God says you are.

📖 *Matthew 6:25–26 (NIV) “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”*

📖 *Philippians 4:19 (NIV) “...my God will meet all your needs according to His glorious riches in Christ Jesus.”*

📖 *Matthew 6:27 (NIV) “Who of you by worrying can add a single hour to his life?”*


See how **unique** God says you are.

📖 *Matthew 6:28–30 (NIV) “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will He not much more clothe you, O you of little faith?”*

Trust in how **secure** God says you are.

📖 *Matthew 6:31-34 (NIV) “So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first His kingdom and His righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”*

📖 *Matthew 6:34 (Msg) “Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.”*

Digging Deeper— *Who of you by worrying can add a single hour to his life? It has been said, “When people show you who they are, believe them.” --What do you think that means? In what ways has  Jesus shown you who He is? When He says that He will take care of your needs, do you believe Him? When He says that nothing is impossible for Him, do you believe that? Will worrying your life away be one of the things that you will regret? What one thing did you get out of the sermon today?*