

Trust YOUR Heavenly Father

Matthew 6.25-34

Overview

- **Do not be anxious about your life (v 25)**
 - Our lives are more than food, clothing (v 25 b)
 - Birds neither sow nor reap and yet 'your heavenly Father' feeds them (v 28)
 - Can you add an hour to your life upon worrying? (v 27)
 - The lilies of the field grow, they don't toil or spin yet they are clothed with greater garments
 - King Solomon...God clothes them, will He not clothe you of little faith (v 28-29)
 - Anxiety is a Faith/Trust problem
 - Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself (v 34)
- **We overcome anxiety by Trusting our Heavenly Father who is both Providential and Personal**
 - We overcome fear and anxiety by seeking FIRST the Kingdom of God and HIS righteousness (not our own kingdom and righteousness)
 - The Heavenly Father is providentially working around us:
 - He's providing for birds (v 28)
 - He's providing for lilies/grass (v 28-29)
 - He is active in caring for His creation and so He is active for caring for us (v 26)
 - The Heavenly Father is working for us, personally:
 - Note the personal nature of Jesus' words "YOUR heavenly Father" (v 26, 32)
 - We are more valuable than other parts of creation (v 26)
 - We are His children who are known by name (Revelation 13.8)
- John 1.11-12, 1 John 3.1, Ephesians 1.5
 - The "Therefore" in vs. 25 connects to building treasure in heaven, not on earth by seeking the Kingdom of God and His righteousness we will be about building treasure in heaven and not be worried about treasures on earth

Questions

Discussion Starter: *What are some ways you or others experience fear/anxiety/insecurity*

1. Read Matthew 6.19-34. Jesus starts with the assumption that some (all?) will struggle with being anxious. Why are we often anxious?
2. Why does Jesus not want us to be anxious?
3. What arguments does Jesus employ in order to build our faith?
4. How does Jesus pointing to God's providential activity encourage faith and attack fear?
5. How does Jesus addressing us personally serve to encourage your faith and attack fear?
6. In what way does the Gospel serve to show us that God is for us and active in and around us? How does that help us in our fear?
7. Describe what it means to "seek first the kingdom of God and His righteousness"?
8. Read Philippians 4:4-7. What connection does prayer have to not bring anxious? Why does Paul make this connection?
9. How does building treasures in heaven serve to quiet fears/anxieties?

Accountability Question: *Everyone struggles with this...so make sure and spend some time praying for one another. Ask what fears/anxieties/insecurities you can pray for and hold accountable to.*