



TIME OF GRACE®

Gracenotes

guides for personal Bible study

I Want to Grow: More Confident; Less Worried

Matthew 6:25-34: “²⁵ 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 than food, and the body more 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? ²⁷ Can any one of you by worrying add a single hour to your life? ²⁸ And why do you worry about clothes? See how the flowers 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—you of little faith? ³¹ 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.”

Points to Ponder

1. Do you consider yourself to be a worrier? What would those who know you best say about that?
2. Read **Matthew 6:32**. What does this verse say about want and need? How can wants cause us to worry?
3. If “tomorrow will worry about itself,” does that mean that planning for the future is bad?

4. How can normal planning turn into worry, fret, and fear if we aren't careful to keep wants and needs separate?

5. Read **Matthew 6:33**. What does it mean to seek God's kingdom?

When we fall into worrying, we can realize and know that our Father in heaven holds us and protects us. He promises to give us all that we need because he loves us.

What else does God say?

Psalm 145:15,16: The eyes of all look to you, and you give them their food at the proper time. You open your hand and satisfy the desires of every living thing.

Philippians 4:19: my God will meet all your needs according to the riches of his glory in Christ Jesus.