



Teaching Notes: Ray Davis

November 24, 2013

City on a Hill

desert breeze community church

Matthew 6:25-34 “No Worry”

Anxiety (worry) is the most prevailing quality of our modern culture. God’s will for your life is that you would not be anxious about anything.

What Is Worry?

Anxious = merimnao is the compound of two Greek words, merizo (“to divide”) and nous (“the mind”). Anxiety (Worry) divides the mind. Vv25, 27, 31, 34; Phil4:6-7

- It is a perceived threat or danger to something important to you.
- It can cause you to be obsessed, driven & preoccupied. Vv25, 31; Matt6:21; 2Cor10:5
- It has a physical (body), psychological (soul) and philosophical (spirit) aspect.

What is the Cause of Worry?

- Unbelief – God is going to get it wrong v30 O you of little faith...
- Pride – Trying to control the uncontrollable v27 which of you by being anxious can add a single hour to his...life?
- Idolatry – Building your life (Identity) on the temporal vv31-32 For the Gentiles seek after all these things...Matt6:19-21, 24; Ps16:4

What is the Cure for Worry?

Right Thinking: v26 look at the birds... v28 consider the lilies...; Ps16:8, 9:9-10; Rom8:28; Gen50:20

- God is Perfect in Love v26 Are you not of more value...?
- God is Infinite in Wisdom v32 your Father knows...
- God is Completely Sovereign v26 your Heavenly Father feeds them v30 If God so clothes the grass...

Right Prioritizing: v33; Acts27:21-32; Pro21:30-31; Lu10:38-42

- Persistently obey all that He commands whether you agree or not.
- Patiently accept all that He sends whether you understand or not.
- Passionately pursue Him as your greatest pleasure (treasure) in life and death.



Growing

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- 1)** Anxiety (worry) is the most prevailing quality of our modern culture. In what ways do you see evidence of this? How do you think most people in American society deal with anxiety? How have you dealt with your anxiety (worry)?

- 2)** Read Matthew 6:25-34. “Do not be anxious...” (vv25, 31, 34) These are not the commands of a drill Sergeant but the consoling of a devoted Savior! Explain. What is worry? How is worry like having the controls of your mind hijacked (2Cor10:5)? What kind of an impact will worry have on our body, soul (mind, emotions, will) and spirit (ability to connect with God)?

- 3)** How does unbelief, pride & idolatry the cause of worry? What does it mean that pride is trying to control the uncontrollable (v27). How does building your life (Identity) on the temporal cause worry make you more like unbelievers (vv31-32; Matt6:19-21, 24; Ps16:4)?

- 4)** Faith is taking the Word of God and arguing it into your heart specific to where you are most restless. How does the cure to worry begin with right thinking (v26 look at the birds...v28 consider the lilies...; Ps16:8, 9:9-10)? How do God’s love, wisdom & Sovereignty calculate into the worry equation? Review the three statements under Right Prioritizing. Which one(s) do you struggle with the most? What do you most worry about? Take it to your Father in prayer.