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## SUNDAY WORSHIP GUIDE

### MATTHEW 6:25-34

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#### **How God Provides For His Children in Times of Need**

##### **Matthew 6:25-34**

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? 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? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. 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? Therefore, do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

#### **One Thing:**

- No matter the season that we go through, God calls us to trust Him and to seek Him

#### **Two Exhortations from Jesus:**

##### **A. Do not be anxious**

1. It doesn't mean that we should not have any worries
2. Jesus is not promoting a carefree way of life
3. Rather, we should not let anxieties and worries cause us to lose sight of who God is and who we are

##### **B. Seek first the kingdom of God**

1. You have to know that your life is more than just the things that this world has to offer

"Why do we tend to be anxious about food and clothing? Because there are three things that we would lose if we did not have food and clothing. First, we would lose some pleasures. Food tastes good. It is pleasurable to eat. Second, we would lose some human praise and admiring glances if we didn't have nice clothes. Third, we would lose long life if we had no food at all or weren't protected from the cold with warm clothes" – John Piper

2. You have to know that God is trustworthy
3. You have to know that God will carry your burdens

"The best reason to stop being anxious is that when you do, God starts being anxious for you. It's such a foolish thing to insist on carrying anxious burdens which God has promised to carry for us when we put his kingly honor first in everything we do." – John Piper

**Live It Out:**

- In what areas of your life do you need to stop being anxious and remember that God is bigger?
- In what areas of your life do you need to seek first the kingdom of God (remembering that your life is more than what this world has to offer, remembering that God is trustworthy and remembering that God will carry your burdens)?
- Pray that God will deepen your understanding of His character, His goodness and His commitment to you