

BE ANXIOUS FOR NOTHING

By Dr. Paul L. Tan | Matthew 6:25-34; Philippians 4:6-7

DISCUSS

What makes you worry/anxious these days? Read Matthew 6:25-34 and discuss the following:

1. **Our life and body are a gift from God (v. 25).** Life is full of sudden ups and downs. Because life is given by God, we can't control what happens to us, but we can trust God. If God has given us life and body, surely He can also supply us with meat and food to live. What "surprises" in life have you had or are currently dealing with? How can you keep trusting God when life is not going too well?
2. **Look at the birds—they do not seem to worry (v. 26).** Birds cannot sow, plant, and harvest; they only eat. Mankind can plant, reap the harvest, and prepare for the future. Why are we considered better than the birds? Since it is the heavenly Father who feeds the birds, how much more would God care for us? Take some time to think about how God is demonstrating His care for you. List it down and share with the group.
3. **The universe is filled with God's bounty (v. 28-29).** Lilies are one of the prettiest flowers in the Holy Land. Lilies never learned how to weave but God still clothes them beautifully. God's universe is filled with beautiful creations and we can stand in awe of His marvelous works. What attributes of God can you see in His creations? How does knowing that God is the creator of all things help you go through trials and sufferings?
4. **Our heavenly Father is all-knowing (v. 32).** God knows our needs. God knows our thoughts and movements, our joys and sorrows, from the smallest details to the largest ones. We can trust in God who takes care

of us. Are there things or situations in your life right now that make you wonder if God truly knows about what you're going through? How do you find encouragement during those times?

5. **Take life one day at a time (v. 33-34).** Treat worry one day at a time. Don't let tomorrow's worries bother you today. Do everything with eternity in view. When we put God first, all our needs will be added unto us. How does this promise encourage you to put God first above all things in our lives?

REFLECT

Write down the things that worry you in a paper (or in your journal). Then read Philippians 4:6-7. What does God promise in these verses? Take your list of worries and pray about each one. After praying, on the same page of your list, write down the different attribute(s) of God that reminds you and gives you confidence to keep trusting Him. Does knowing who God is give you peace? Why or why not?

PRAY

Dear Heavenly Father, thank You for reminding me that You are the God who takes care of me. Forgive me for the times that I worry as if You do not exist. Enable me to consistently trust and rely on You even in my everyday worries. Give me the grace to put You first and allow me to experience Your faithfulness day by day, moment by moment of my life. Help me, O Lord, to be secure in Your promises as I live for Your glory and honor. In Jesus' name. Amen.