

TRUST VERSUS ANXIETY

I. The Scripture: Do Not Worry

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 important than food, and the body more important than clothes? 26Look 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? 27Who of you by worrying can add a single hour to his life?

28"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.29Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30If 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, O you of little faith? 31So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32For the pagans run after all these things and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Matthew 6:25-34

II. Looking at the Scripture

1. Avoiding the Anxiety Attack

What is the first, bold command of Jesus in this passage?

What example does Jesus use to show us God cares about 'Our need for food'?

'Our need for clothes'?

GETTING YOUR
PRIORITIES STRAIGHT

What do you think Jesus is trying to say to us when He compares our needs with those of the birds and flowers?

What does Matthew 6:27 tell you about God's care for you?

2. Putting Your Trust In Christ

According to verse 30, what is it we lack when we worry? In your own words, write what Jesus is saying in verse 33.

What practical advice does Jesus give in verse 34?

III. The Scripture and You

1. Flying with Wings of Faith

Circle the following sentence completions that best describe you:

If I were a bird of the air and my Heavenly Father was looking at me, I think He would see . . .

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|---|--|-------------------------------|--|----|--|-------------------------------------|
| 1 | | an eagle-flying strongly | | 6 | | a parrot-talking, talking, talking |
| 2 | | a chicken-running crazy | | 7 | | a crow-noisy and doing very little |
| 3 | | a baby bird-waiting to be fed | | 8 | | a condor-different, rare and unique |
| 4 | | an owl-wise and silent | | 9 | | a sea gull-soaring to heaven |
| 5 | | an ostrich-unable to fly | | 10 | | a toucan-bright and colorful |

Circle the answers that apply to you:

The things that keep me grounded and unable to fly are . . .

- | | | | |
|---|--------------------|----|-----------------------------|
| 1 | doubting God | 6 | distractions of the world |
| 2 | distrust of people | 7 | bitterness in relationships |
| 3 | a bad experience | 8 | lack of support |
| 4 | Unforgiven sin | 9 | too much worry |
| 5 | laziness | 10 | Other |

Finish this sentence:

For me to fly high with faith and trust in God, I need to...

2. Trusting the Lord

Why is it difficult to trust in the Lord and not be anxious?

Finish this sentence:

Since God is able to care for the needs of the flowers and birds, then He is definitely able to care for my needs in the areas of . . .

3. A Field Trip of Trust

Most of Jesus' teaching took place outdoors. It is difficult to envision some of the examples He used if you are sitting in your house or in a church building. To overcome this, try taking your Bible and this workbook and going for a walk. Look for birds flying in the air or resting on the limbs of a tree. Stop and smell the roses. Look for flower gardens. Each time you see one, read Matthew 6:25-34 and pray to God. Use the sights as living messages of God's care for you. Pray for more faith and trust. Let the beauty of nature remind you of God's care for you. During your walk, note some observations about how this portion of Scripture applies to your life.

Here are a few words on faith from three Christian leaders of the past:

"I had rather exercise faith than know the definition thereof."

Thomas a Kempis

"Faith is a redirecting of our sight, a getting out of the focus of our own vision and getting God into focus."

A.W.Tozer

"True faith in its very essence rests in this—a leaning upon Christ. It will not save me to know that Christ is a Savior; but it will save me to trust Him to be my Savior."

Charles Spurgeon

What encouragement and insight can you get from these words about faith?