



Lesson #10: Life Lessons About Worry (6:19-34)

There is a terrible disease that has reached epidemic proportions worldwide. This disease is best described as a _____ contagion because it lurks beneath the surface. It is able to disable and even bring death. It impacts people physically, emotionally, and even spiritually. Symptoms for this disease include ulcers, headaches, insomnia, heart disease, weight gain, and long struggles with depression. This deadly disease is called “_____.”

The world looks in many places for a cure. Sadly, some even seek out _____ to get over the plaguing malice of anxiety. What should Christians do about worry? Has our Savior given us any message on this topic? In our text today we will see that Jesus wants you to live a worry _____ life in a worry _____ world.

WORRY IS _____ BY NOT TRUSTING GOD’S _____

Jesus commands his followers to be wholehearted but the worrier is constantly struggling because he sets his mind on the things around him.

A. Worry is a case of focusing on _____ (v. 19-21)

Jesus centers in on the issue of what you _____ the most. The principle He is driving home is that if you treasure the things of earth then your heart will be set on them and the direction of your life will be to gain in those temporal things. It is _____ mindedness that Jesus is objecting to, a mind that concentrates on _____ while neglecting all else.

B. Worry is case of _____ the master (v. 22-24)

The illustration of the eye Christ uses in verse 23 parallels the Christian walk. Just as a healthy eye means illumination for the bodily functions, so a healthy eye of the soul means _____ living. The climax of this saying is that it is _____ to be simultaneously a slave of both God and *mammon*. “Cannot” is a strong term and signifies a sheer _____.

WORRY IS _____ BY NOT TRUSTING GOD’S _____

“For this reason” (v. 25) refers back to the previous verse. Because God is your master worry is _____ and _____ to Him.

A. Worry is _____ (v. 27)

Even when anxiety is given full reign it amounts to nothing! Worry is an exercise in futility. All of your worry will not give you one more step in the walk of life. Jesus gives you good reason *not* to worry.

1. God will ensure your _____
2. God will meet your _____ needs
3. God will grant your allotted _____

Worry is like a _____ . Lots of motion but no movement.

B. Worry is _____ (v. 28-32)

Jesus is saying that worry = practical _____. When you and I worry we are behaving just like unbelievers. Jesus makes worry a matter of _____ at the end of verse 30 “*and whatsoever is not of faith*” Romans 14:23 reminds us, “*is _____.*”

WORRY IS _____ BY NOT TRUSTING GOD’S _____

Victory over worry will require a change of _____.

A. Focus on the _____ rather than the _____ (v. 33)

Disciples are to seek as their first priority, not the things they would like to have or even the things they are sure they need, but God’s “_____” and “_____.” When you are seeking first the kingdom of God and His righteousness those material concerns (which are real) fade away in comparison.

B. Focus on _____ rather than fretting over _____ (v. 34)

Let your attention be on how God blessed you today rather than being riveted by all the fears of tomorrow. The problem with worrying about tomorrows is that you will never run out of _____. Making provisions for tomorrow is sensible, but to be anxious for tomorrow is foolish and unfaithful.

CONCLUDING THOUGHTS

Someone once said that worry is the thin stream of _____ that trickles through the mind, which, if encouraged will cut a channel so wide that all thoughts will be drained out. What a radical change it would make if you would bring your burden to the Lord and leave it there! “*Ask and it shall be _____ you; seek, and ye shall _____: knock, and it shall be _____ unto you.*” (Matthew 7:7-8)