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**What this message is about:**

Jesus instructs his followers to overcome preoccupation and worry about physical needs with a trust in their Father's provision for them and a focus on what is truly important.

**Purpose of this message:**

To review the reasons Jesus gives us for not worrying about food and clothing and to suggest a method of practicing trust in Him. As Pastor Nathan reminded us. . . practice, practice, practice.

**The basic negative Command**

*Mt. 6:25, 31*

**Focus question: Why shouldn't a follower of Jesus be preoccupied to the point of distraction about food and clothes?**

1. Because there are \_\_\_\_\_ and \_\_\_\_\_ things that deserve your attention.

*Mt. 6:25b*

2. Because worry is \_\_\_\_\_

*Mt. 6:27, 34*

3. Because of you have great worth and value to your Father in heaven.

*Mt. 6:26, 28-30, 32*

4. The \_\_\_\_\_ command and \_\_\_\_\_

*Mt. 6:33*

A \_\_\_\_\_ from Paul

*Phil. 4:4-9*

**The summary:**

- \_\_\_\_\_ joy
- Live for Christ's \_\_\_\_\_
- \_\_\_\_\_
- Think \_\_\_\_\_ thoughts
- Practice, Practice, Practice \_\_\_\_\_ to Jesus

Mt. 22:37-39

**Next Step:**

- Make a list of the things you are worried about.
- If there is an action you need to take, pray for favor and take it. Then leave the results with your Father in Heaven.
- If it betrays a lack of faith, or failure to focus your life on the things that matter to God, confess it and allow Spirit to redirect your priorities.

**Looking Back. . .**

1. Read Mt. 6:16-34. Where does God stop you?
2. How do verses 25-34 connect with verses 16-24?
3. Why do you think Jesus focuses on the preoccupation with food and clothing? What do you think this looked like in 1<sup>st</sup> Century Judea and Galilee? What does it look like today?
4. What reasons are given by Jesus to not worry about food and clothing?
5. What is the positive command in verse 33?
6. What does it mean to seek first the Kingdom of God and his righteousness? How do you know if you are really doing this?
7. Read Phil. 4:4-10. Discuss Paul's strategy to avoid worry and how it is similar to what Jesus said.
8. How does Mt. 22:37-40 connect with avoiding worry?