

1. Jesus says it is understandable why an unbeliever would worry, but what valid reason does He give that those who are believers should not worry? (Matthew 6:32)

2. If your relationship with God is such that you address Him as “Father” and He knows all your needs, then worry is nothing more than an expression of doubt and distrust. How does that make you feel about yourself for worrying? **John 3:16** (Living)

*For God loved the world so much that he gave his only Son so that anyone who believes in him shall not perish but have eternal life.*

3. Jesus advances two ways to defeat this worry caused by the lack of trust and faith. (Matthew 6:33-34)

a. The first way is found in Matthew 6:33. Can you identify it?

1). Jesus prescribed that you concentrate on the doing of and the acceptance of, God’s will and His desires. Where do you focus most of your mental and physical energy?

2). When your life is under the influence of a great love for something or someone, it drives out every other concern. Are you ready to return God’s love for you and allow your love for Him to be the driving force in your life? If not, why?

3). What are some existing priorities that you will have to change if God is to become the number “One” love and priority in your life?

b. Jesus’ second way to defeat worry is found in Matthew 6:34. Can you identify it?

1). What happens to the work of today when you are focused on the work for tomorrow?

2). When “tomorrow” is the focus of today, then you are trying to plan for an unknown future and for things that may never happen. How does your faith and trust in your loving Heavenly Father help you to stay focused on today?

Open your love to God’s Love and kiss “WORRY” good-bye.

**1 John 2:15** (MsgB)

*Don't love the world's ways. Don't love the world's goods. Love of the world squeezes out love for the Father.*

**1 John 4:10** (MsgB)

*This is the kind of love we are talking about—not that we once upon a time loved God, but that he loved us and sent his Son as a sacrifice to clear away our sins and the damage they've done to our relationship with God.*

## **FELLOWSHIP NOTES**

*Reaching People for Christ  
and*

*Helping believers grow to be like Him*

# City On A Hill

## Part # 8

The simple truth is that Christ living IN us should change us so that Christ living THROUGH us can change the world. That has been the message challenging your heart, soul, and mind from the previous seven parts of the series entitled, “City On A Hill”. This series has been based on the biblical passage out of the book of Matthew that is commonly known as the Sermon on the Mount delivered by Jesus.

In the previous studies you have learned: you are the salt of the earth and the light of the world; the kind of life qualities that God blesses; that rule keeping cannot save you; the standard of “Right” is based on grace; ritualistic practices are not genuine Christianity; and you must invest your life in others for there to be eternal significance. With this review we accept the challenge of this study.

The challenge for you in this study is to answer the question, “To Worry or Not to Worry?” Jesus is teaching His listeners how to live a worry free life. Is this something that you desire? If so, do not just “listen” to these teachings, but work through the study with a faith commitment to put them into practice.

The study will cover the passage of Matthew 6:25-34

### **Monday:**

#### **Don’t Worry** Matthew 6:25 (NIV)

*“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?”*

1. The word “Therefore” demands you, the reader, to reflect back over the previous verse that brought you to this truth.

Look back to **Matthew 6:24** (NIV) *“No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.*

a. People think they are in complete control of their lives. The truth is you are always under the control of one or the other... of **Who** or what? \_\_\_\_\_

b. What did Jesus say would happen if you try to divide your commitment between material things and God?

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c. When you are totally committed to material things what are some of the worries that this creates?

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d. Are you experiencing some of these worries? \_\_\_\_\_

e. Would you like to be free of such worries? \_\_\_\_\_

### **Tuesday:**

2. Jesus wants to introduce you to "WORRY FREE" living.

a. Why should you want to live worry free?

1). What does worry do to your health? \_\_\_\_\_

2). Worry consumes your thoughts. What does that do to your ability to make proper decisions in other areas of your life?

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3). If worry has consumed your thoughts what happens to your productivity, to your ability to concentrate on being a good spouse or a good parent? \_\_\_\_\_

4). If you are worrying, your ability to trust in \_\_\_\_\_ has been reduced.

b. Circle the numbers above that are damaging effects from worry currently hindering you from having a life like Christ wants to give you.

c. The difference between worry and genuine concern is — worry immobilizes, but concern moves you to action. What has you immobilized yet you would like to move into some kind of action to correct the issues? \_\_\_\_\_

### **Wednesday:**

**Jesus' argument against worry. Matthew 6:25b-30 (NIV)**

*"... 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? [26] Look 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?"*

1. Jesus reminds you that God gave you "life" and a "body". What does He assure you that God will provide to sustain that "life" and "body"? (Matthew 6:25)

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2. Jesus reminds you that birds have a worry free plan and God cares for them. (Matthew 6:26)

a. It is not that birds do not work, because they work hard to hunt their food. The difference is that they do not try to "out-guess" the future which they can not see. How much of your worry comes from trying "to out guess" the future which you can not see nor control?

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b. How does trusting God for the future help relieve the worry about the outcome of the present?

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c. God has given you common sense and the ability to plan and work. He intends you to make common sense plans to take care of your life in the future. How will trusting God to help you make right plans, and trusting Him as those plans are implemented help prevent you from being consumed and controlled by the plan?

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### **Thursday:**

**Jesus taught that worry accomplishes nothing positive.**

**Matthew 6:27-30**

*[27] Who 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. [29] Yet I tell you that not even Solomon in all his splendor was dressed like one of these. [30] If 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?"*

1. How can you prevent worry from making you the victim of circumstances? **Psalm 37:7-8 (MsgB)** *Quiet down before God, be*

*prayerful before him. Don't bother with those who climb the ladder, who elbow their way to the top. [8] Bridle your anger, trash your wrath, cool your pipes—it only makes things worse.*

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2. How can you prevent worry from disqualifying you from God's provisions? **Romans 13:14 (Living)** *But ask the Lord Jesus Christ to help you live as you should, and don't make plans to enjoy evil.*

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3. How can you prevent worry from choking out the application of God's Word? **Luke 11:28 (Living)** *He replied, "Yes, but even more blessed are all who hear the Word of God and put it into practice."*

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4. How can you prevent worry from stealing your joy?

**Psalm 51:12 (Living)** *Restore to me again the joy of your salvation, and make me willing to obey you.*

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5. How can you prevent worry from stealing your faith?

**Mark 9:24 (MsgB)** *No sooner were the words out of his mouth than the father cried, "Then I believe. Help me with my doubts!"*

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### **Friday:**

**Replace Worry with Faith in Your Heavenly Father.**

**Matthew 6:31-34 (NIV)** *So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' [32] For the pagans run after all these things, and your heavenly Father knows that you need them. [33] But seek first his kingdom and his righteousness, and all these things will be given to you as well. [34] Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*