

**I. Introduction.**

**II. Jesus tells you why you shouldn't worry. v. 25-32,34**

- A. Worry is senseless. v. 25-26,28-30 Rom. 8:32
- B. Worry is useless. v. 27,34
- C. Worry is faithless. v. 30b-32 8:26

**III. Jesus tells you how to stop worrying. v. 33**

- A. Seek God's kingdom and righteousness first of all. v. 33a
  - 1. Don't try to overcome anxiety in the world's way.
  - 2. How, in practical terms can you seek God's kingdom and righteousness?
    - a. Seek to enter His kingdom.
    - b. Enjoy the privileges of His kingdom.
    - c. Spread His kingdom.
    - d. Pursue His righteousness. Heb. 12:14
- B. Trust God to meet your needs. v. 33b
  - 1. Cast your cares upon the LORD. I Pe. 5:7 Phil. 4:6
  - 2. How can the person undergoing severe trials find help? Mt. 11:28-30
  - 3. If you trust Him, you will not be disappointed. Ps. 37:25 34:10
  - 4. Give thanks to God for His bountiful provision. Phil. 4:6 I Th. 5:18

**IV. Don't misunderstand or abuse God's promises. v. 34**

- A. Jesus is not saying that you won't have any problems.
- B. Nor is Jesus advocating carefree irresponsibility. Mt. 25:14ff II Ti. 3:10 I Ti. 5:8 II Co. 11:23ff

**V. Conclusion: the antidote to anxiety.**

**Discussion questions**

- 1. Are you a worry-wart?
- 2. Why shouldn't you worry?
  - What is the worst thing about worry?
- 3. What can you know about your spiritual state if you are consumed by anxiety?
- 4. How does one apply these principles in the midst of a crisis?
- 5. Are there issues about which we should be deeply concerned?
  - What is the difference between legitimate concern and sinful worry?
- 6. How could an irresponsible person misuse this text?
- 7. What, in practical terms, can you do to seek God's kingdom and righteousness?