**“Peace with Yourself”**

Going deeper in Matthew 6:25-34

**INTRODUCTION –** Matthew 6 is part of Jesus’ Sermon on the Mount. The Sermon on the Mount is an inauguration of the kingdom of heaven. Jesus gives a powerful statement of the reality and availability of kingdom life for his followers, which includes practical instruction on how to live out a kingdom life. In chapter 6 verses 19-24, Jesus warns against the everyday concerns of wealth; “Do not store up for yourselves treasures on earth…” He then teaches that people cannot serve two masters – we must choose, God or money. In our passage for today, Jesus teaches that we must also choose a Provider – God or worry.

**READ** – *Read (passage) aloud. Read it several times. Listen for what the Spirit of God is saying, don’t just think about it.*

**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? **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? **27**Can any one of you by worrying add a single hour to your life?

**28**“And why do you worry about clothes? See how the flowers 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—you of little faith? **31**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.

**ENGAGE** – *Questions for going deeper. God is speaking… to you.*

1. Are you a chronic worrier? What worries burden you the most?

2. What does constant worry say about a person’s relationship with Jesus?

3. What is God saying to you in this passage about his love for you?

4. What instruction does Jesus give to curb excessive worry? What results from following his instructions?

5. What can you do in the coming week to “seek first his kingdom and his righteousness”?

**PRAY** – *God has spoken. So, reply.*

\*Give thanks for all that God has done for you in the past, what he is doing in your life today, and for the promises he has made about your future.

\*Ask to be forgiven for any excessive worry you have struggled with and give thanks for God’s forgiveness.

\*Ask for the Spirit’s help in laying your worries at the foot of the cross and in trusting in God’s promises to care for you.

\*Ask that the Peace of Christ would fill your heart and mind.

**LIVE** – *This is where the rubber hits the road.*

Jesus died for you! God cares for you and he knows what you truly need. Will you seek him this week? Will you seek his kingdom and trust in his promises and in his power to take care of you no matter what? What can you do right now to put your worries to rest?