

## Kingdom Citizens –The Sermon on the Mount-Lesson 15

Women of Grace | GraceLife Church

*“For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?*

*And who of you by being worried can add a single hour to his life? And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! Do not worry then, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’ For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness, and all these things will be added to you.*

*“So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.*

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### Day 1—Verse 25

*“For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? -- Matthew 6:24*

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1. What is the then (or therefore) referring to?
2. What does Jesus mean by the phrase “do not be worried about your life”?

3. Define worry.

- a. Another translation says “anxious”, which is more commonly used in our day. Define anxious. Are worry and anxiety the same thing?

4. What are we saying to God when we worry?

5. We may not need to worry about what we will eat, drink, or wear, but what are some things that we worry about?

6. Why do we worry about these things?



2. Who is the one who supplies all our needs?
  
  
  
  
  
  
  
  
  
  
3. Why do we have more value than birds or animals?
  
  
  
  
  
  
  
  
  
  
4. Define sovereignty.
  - a. What does it mean that God is sovereign over our lives?
  
  
  
  
  
  
  
  
  
  
5. What does Scripture say about God caring for His creation? Find two or more verses.
  
  
  
  
  
  
  
  
  
  
6. Who sets the length of our life?

7. Does worrying add anything to our lives?

- a. Why do you think that our culture is so obsessed with youth and increasing our life spans?

8. How can this verse be a comfort to us when we are tempted to worry?

### **Day 3—Verse 28-30**

*And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! --Matthew 6:28-30*

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1. Define observe.

2. Read Psalm 103:13-17. How does the Psalmist compare us to grass?

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5. How does worry show that we are of little faith?

a. How can we increase our faith when we are tempted to worry?

6. Where else in Scripture do we see Jesus using this statement? What sin were they guilty of?

7. What does Scripture say about hope in God?

**Heart Check:**

- What things are you putting into place to grow your faith? What things are a stumbling block to you?
- Do you struggle with sinful doubt that turns to worry? How can meditating on God's promises towards you and believing them help you to put off sinful doubt?

## Day 4—Verse 31-32

*Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. --Matthew 31-32*

1. Matthew 6:11 tells us to ask for our daily bread. Is Jesus contradicting himself here? Why or why not?
2. Worry can be seen as an acceptable sin in the church. Why do you think this is so?
3. Are there acceptable reasons for a Christian to worry?
4. Why do unbelievers seek after these things? See 1 Cor. 15:32 and 1 Thessalonians 4:5.
  - a. What does it say about our hearts when we seek after these things and worry about being able to obtain them?



5. What does it say to unbelievers when they see believers worrying?

6. How does Romans 12:1-2 help us understand this verse?

7. What comfort do we see in this verse?

**Heart check:**

- Do you consider worry to be an acceptable sin?
- Are you prone to worry or to worship?

## Day 5—Verse 33-34

*But seek first His kingdom and His righteousness, and all these things will be added to you.*

*“So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own. --Matthew 6:33-34*

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1. In verses 25 and 31 we are commanded to put off worry, what are we commanded to put on in its place?
2. How can we seek after the kingdom of God?
3. How are we to seek after His righteousness?
4. How many times in this passage does Jesus command us not to worry?

5. What is the antidote to worry and anxiety?

6. What do these verses teach us about anxiety?

a. Psalm 94:19

b. Isaiah 41:10

c. John 14:27

d. Romans 8:38-39

e. Philippians 4:6-7

f. 1 Peter 5:6-7

7. What do these verses teach us about contentment?

a. Prov. 19:23

b. 1 Tim. 6:6-8

c. Philippians 4:11-13, 19

d. Hebrews 13:5

**Dig Deeper:**

1. Often when we fall into sinful worry it is because we either don't know or have forgotten what is true about God and His Word. Do a study on the Attributes of God by A.W. Pink <https://www.chapellibrary.org/book/aogo/attributes-of-god-the-pinkarthurw>