

Worry: It's Roots and Remedy Matthew 6:24-34

1. What do you worry about most in life?

Read Matthew 6:24-34

The roots...

2. (vs. 24) "You cannot serve God and Mammon" Mammon means that in which we put our trust. What are some of the things we put our trust in in life? Why do you think Jesus says that we CANNOT serve God and mammon? That it is impossible to do so?

3. (vs. 25) You cannot serve God and Mammon, therefore do not be anxious. Why does serving something other than God lead to anxiety? (hint look back to 6:19)

4. (vs. 25) Notice the tense of the verbs here. They tell us that worry has a future orientation, it is concerned with the potential not the actual, what could be, not what is. It has been said that the greatest trials we face are those that never come, the ones that worry and anxiety lead us to deal with. Has this been true in your own experience?

5. (vs.25b) Is not life more than food... In what ways does our culture get wrapped up in the material being all that there is to life? How does this contribute to "the most prevailing quality of our modern culture being worry"? (Time magazine)

6. (vs. 27 & 34) Anxiety comes when we try to control the uncontrollable. What common worries would fit into this category?

The Remedy...

7. (vs. 26-30) What does Jesus hope we will learn from considering the birds and the lilies?

8. (vs. 30) Jesus sees "little faith" to rest at the bottom of our worries. D.M. Lloyd Jones said "Little faith was a failure to apply what we know and claim to believe to the circumstances and details of life". In what ways can we apply what we know of our heavenly father to the details and circumstances of life to combat our worry?

9. (vs. 32-34) How can seeking his kingdom and his righteousness deal with our worries about an unknown tomorrow? How is this an example of applying what we know, and claim to believe to the circumstances and details of life?

10. How does this remedy address each of the roots of worry? (Serving Mammon, looking to the future, thinking the material is all there is, trying to control the uncontrollable)

11. Reflecting on Question 1. How could you apply what you know and claim to believe about who God is and what he has done for us to this particular worry?