

Adult Impact Study Sheet

April 23, 2023

If possible, read **Matthew 6:25-34** from several translations.
For additional insight go to www.studylight.org and www.gotquestions.org.

We're thinking about worry and trust this week. Worry is a misuse of the imagination the Lord has given us. Worry is a subtle form of distrust in the Lord. These verses do not set aside the believer's responsibilities and concerns for their needs and the needs of their families and others.

1. Read the familiar words in Philippians 4:6-7. Phillips puts it this way, "Don't worry over anything whatever." Do you find any allowance for worry in that verse? Discuss.
2. Discuss the following Seven Reasons Not to Worry.¹ (*I've added an eighth*) Consider Scripture verses that support your thoughts.
 - The same God who created life in you can be trusted with the details of your life.
 - Worrying about the future hampers your efforts for today.
 - Worrying is more harmful than helpful. (*Does worry indicate that our possessions and circumstances are possessing us, rather than our possessing them?*)
 - God does not ignore those who depend on Him.
 - Worrying shows a lack of faith in and understanding of God.
 - Worrying keeps us from real challenges God wants us to pursue.
 - Living one day at a time keeps us from being consumed with worry.
 - What can be the effects of our worrying on us physically and spiritually, and on those around us?
3. How can you turn worries into prayers?
4. What is God's answer to worrying/anxiety? (See Romans 6:33, Phil. 4:6-7)

¹ *The Life Application Bible*, (Matthew 6:25-34)

Next week: Matthew 9:35-38, (11:28-30)