

# Why Worry

Matthew 6:25-34; 2 King 4:1-7

Faith Portal Church

**ADULT**

Unit 4 Lesson 8

## Supplemental Texts

Luke 12:22-31

## Focus Verse

“Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.” – Matthew 6:34

## Introduction

In His teaching on the mount, Jesus told His hearers not to be anxious about anything. Jesus touched on this essential point probably because some Jews of His time worried a lot about their daily needs. This teaching does not forbid a wise planning, though. Worrying about basic needs of life is something that is common to all people, notably the poor. It has the potential to get our focus away from the most crucial truth regarding our heavenly Father: God will take care of us.

## Deeper Look

### Take No Thought For Your Life – Matt 6:25-34

As used in the text, “take no thought” simply refers to “be not anxious” or “do not worry.” It is clear that life is more important than food, drink, or clothes, as Jesus said. We could look at the statement from this angle: if God gave life, He would sustain it with all that life needs. To enable us to appreciate God, Jesus used the birds as an example. They do none of the work that we do to take care of ourselves, yet they are daily taken care of by our heavenly Father. In v. 27, we read that anxiety or worry cannot add to our age or stature. If so, why worry, then? Jesus focused His hearers’ attention to the magnificent beauty of the lilies imparted to them by God. He added that Solomon, in all his royal splendor and style, was not clothed like the lilies. Understanding this should draw our mind to God’s faithfulness to His people. If God so clothes the grass, which are short-lived and of no worth, will He not take care of us? The word “grass” refers to the lilies and everything that grows in the field, which when withered were used to heat the oven. Above all, pursue God’s kingdom and His righteousness, and all your needs will be provided for.

### What Do You Have In The House – 2 Kin 4:1-7

In this narrative, a widow was at the verge of losing her two sons to a creditor, who by law was entitled to claim a debtor and his children and compel them to serve him as bondmen until the year of Jubilee would set them free. With this worry, the widow went to prophet Elisha for help. She had a miraculous increase of her oil, which she sold to pay the debt and save her sons.

## Questions

1. How would you define worry? What connotation does it carry: negative, positive, or both?
2. Why did Jesus advise not to worry about your life, food, drink, or clothes? Does He forbid us from planning for the future and what is necessary? See Phil 4:6.
3. Jesus cited the birds of the air in His teaching, what need did He address here? What can you appreciate about your heavenly Father?
4. What need did Jesus point out with the lilies? How does God meet the need of the lilies? How is God meeting this very need in your life?
5. If you cannot increase your height or age by worrying, what then could worrying do to your life? How should you deal with worry when it comes? What advice could you give others against worrying?
6. What is the key to having all your needs supplied? See Matt 6:33.
7. How did the widow handle her challenge? Could she have done it better? Explain. What is admirable about the widow after she had filled all containers with oil and the oil had stopped flowing? What can you learn from her?

## Personal Meditation

Knowing that you have the mighty God as your Father, Who provides for the needs of all His creatures, should you be worried about any lack of your daily needs? Besides, seeing that your worry, regarding your needs, can do you no good, should you lay that burden on yourself, or on your heavenly Father? Candidly speaking, worrying do no good to your health, both spiritually and physically. You should therefore take to heart the instruction of our Lord Jesus Christ. In this respect, the children of God are supposed to enjoy the calmness of mind, knowing full well that their Father in heaven is in charge, and He will provide for all needs.

The widow in 2 Kin 4:1-7 had a serious issue to worry about—the losing of her two sons to slavery by her husband’s creditor. Knowing what was about to happen, she hastened to prophet Elisha. She believed her problem would be solved if she went to Elisha. Indeed, God, through Elisha, multiplied the only thing she had at home (a pot of oil). We must understand that we can go boldly to the throne of God (Heb 4:16), and He will richly supply our needs (Phil 4:19).

## DAILY STUDY

Monday	Matt 6:25-27
Tuesday	Matt 6:28-30
Wednesday	Matt 6:31-34
Thursday	Luke 12:22-26
Friday	Luke 12:27-31
Saturday	2 Kin 4:1-7



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