



THE JOURNEY THROUGH THE  
**SERMON** *on THE* **MOUNT**  
SESSION 8: ANCHORING OUR  
HEART TO HIM



**LifeGroups**  
Do Life Together

# New Hope Church

THE JOURNEY THROUGH SERMON ON THE MOUNT.

SESSION EIGHT: ANCHORING OUR HEART TO HIM

MATTHEW 6:25-34

## FOLLOW ALONG

**We have to:** \_\_\_\_\_ in \_\_\_\_\_ – not \_\_\_\_\_.

**We have to:** Continue to \_\_\_\_\_ in the \_\_\_\_\_.

**We have to:** \_\_\_\_\_ that \_\_\_\_\_ has \_\_\_\_\_.

**We have to:** \_\_\_\_\_ our \_\_\_\_\_.

**We have to:** \_\_\_\_\_ our \_\_\_\_\_ on \_\_\_\_\_.

## INTRODUCTION:

HAVE A VOLUNTEER READ MATTHEW 6:25-34.

What are your Top 3 worries? What can that tell us about our priorities?

When Jesus says that worry cannot add "anything" to your life, how does that feel to you? Is it comforting, or upsetting? Explain.

How do you think worry is affecting you emotionally, physically, and spiritually?

What is the difference between "Planning for the Future", which is a good thing, and "Worrying about the Future?" How can we make sure we are doing the right one?

How can we take the things we worry about and entrust them to God? What does that look like?

## Going Deeper

Are you someone who tends to worry often?

What are the typical causes of your stress and what motivates them?

In what ways have your worries impacted your well-being, your mindset, your efficiency, and your connections with others?

Our level of trust in God can be determined by our degree of worry, or lack thereof. As followers of Christ, our aim is to have an unwavering devotion and allegiance to Him. According to Jesus, worrying is not only counterproductive, but it also contradicts our trust in God.

## Understanding

Unpack the biblical text to discover what the Scripture says or means about a particular topic.

Do you consider worry a sin? Explain your answer.

What does the fact that so many of us struggle with worry say about our culture?

What does it say about our faith? Instead of beating ourselves up over this struggle, what could we do?

HAVE A VOLUNTEER READ MATTHEW 6:25-27.

According to these verses, what are three specific reasons Jesus gives us for not worrying about the basic needs of life?

What measures do we need to undertake to sincerely abide by Jesus' teachings to not fret over life's essentials?

In verse 25, Jesus asked rhetorically, "Isn't life more than food and the body more than clothing?" Is the only source for fulfillment and meaning to our lives what we eat and what we wear? Of course not. Jesus is establishing the fact that worry is illogical for the child of God. If God is the Creator of the world, including us, then will He not also provide for our needs?

What does our worry reveal about our perception of God and our bond with Him?

In what ways has worry obstructed your trust and caused harm to your spiritual connection with God? How did you eventually conquer that worry?

HAVE A VOLUNTEER READ MATTHEW 6:28-32.

From these verses, what other reasons can you find to avoid worrying?

What is the primary issue with worry in the Christian life?

Having faith means having trust in a God who is both loving and involved in the world. Worrying demonstrates a deficiency in trust. Despite acknowledging the existence of poverty and hunger, Jesus instructs his followers to prioritize their faith in God. After all, if God can adequately provide for all creatures, then surely, He will take care of His own children.

HAVE A VOLUNTEER READ MATTHEW 6:33-34.

In practical terms, what does it entail to prioritize "the kingdom of God and His righteousness"?

Can you share personal experiences that demonstrate the validity of Jesus' statement in verse 33?

In verses 31-34, Jesus urges us to find rest in our positions in God's kingdom and avoid being consumed by worry and fear. The first step is to remember that God loves us like a Father, so we should not see Him as distant or unapproachable. Instead, we can have a personal relationship with Him.

Secondly, as both God and Father, He understands our basic needs.

Christians don't need to worry if God is aware or concerned about their necessities. Instead, they can concentrate on seeking the kingdom of God and relying on Him. By prioritizing His will, they will become less concerned about material matters and more devoted to eternal relationships. This allows believers to focus on living out God's mission.

## **APPLICATION**

In what ways would your life be altered if you adhered to Jesus' teachings in this passage?

How can one demonstrate a commitment to prioritizing God's kingdom above all else?

What methods can be employed to ensure that the focus remains on Christ's work while striving to seek His kingdom above all else?

## **PRAYER**

Pray that the work of Christ would overwhelm all lesser concerns, and that joy and abundant life would define the lives of those in the church.

## **COMMENTARY**

### **MATTHEW 6:25-34**

6:25. Jesus' point could be translated as "stop worrying." The questions in 6:25b imply, "If God is the provider of life and body, He will also provide for them to continue."

6:26. In this verse Jesus came to the first of two illustrations, supporting His main theme in verse 25. Note the use again of the phrase heavenly Father, especially in this context of God's loving care. Jesus was not advocating waiting lazily for God's provision, but avoiding anxiety as we take responsibility for obtaining it.

6:27. This verse moves away from the specific example of food to the broader picture of anxiety in general, showing its utter futility. Jesus was saying, "If you try to take your basic provision into your own hands, you will find you do not have the power over life and death. Only God has this power, and He will sustain you as long as His plan intends."

6:28-30. Here we are given a more fully developed picture of the second illustration supporting Jesus' main point in verse 25. Verse 30 is a conditional statement, assuming the truth of the condition. So it could just as easily be translated, "Since that is how God clothes the grass of the field." The qualifying phrase, "which is here today and tomorrow is thrown into the fire," emphasizes the transience and worthlessness of the grass. If God cares so much for something of little value, He will certainly care even more for us who are of much greater value to Him. This passage is not only a command to trust the Father, but it also shows of our great worth in His eyes.

The words "you of little faith" in 6:30 should be translated literally "little faith ones." In this case, Jesus' tone was not scolding, but coaxing and reasoning. He was asking, "Do you trust your Father or not?"—not with a slap in our face, but with an arm around our shoulder. Jesus was not belittling His disciples; He was encouraging them upward.

6:31-33. With these three verses, having illustrated and supported His theme, Jesus built His case. In verse 32, He made two more points about anxiety. First, it was downright pagan; anxiety was the attitude of those who were not a part of God's kingdom. Second, it was totally unnecessary to worry about what to eat or drink or wear, because your heavenly Father knows that you need them.

Three times in verses 32 and 33, we find the phrase "all these things." We might imagine Jesus using it somewhat disparagingly. This was not to belittle the importance of basic necessities, but to place them at the back of the mind of His disciples, far behind His kingdom and righteousness in importance. "All these things" are what pagans (and the Pharisees) scrambled after. "All these things" are thoroughly known by the Father. "All these things" will fall into place when we put God's kingdom and righteousness in its proper place and serve the kingdom's interests.

6:34. Jesus restated for the third time His command, Do not worry. This time He broadened it to include any possible anxieties we may have for tomorrow. As an expression of trust in his Heavenly Father, the kingdom servant is to live in the present, trusting the Father for the grace to cover the needs of the present. "When tomorrow comes, the Father will provide the grace to cover its needs also," is the implied assurance.



**LifeGroups**  
Do Life Together

Find More Resources at  
[newhopechurch.tv/lifegroups](http://newhopechurch.tv/lifegroups)