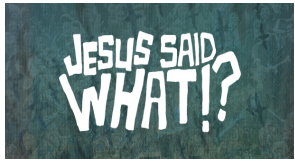


# MARINERS CHURCH



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## Jesus Said I Don't Need to Worry Anymore.

*"Don't worry about tomorrow, for tomorrow will worry about itself." -Jesus, Matthew 6:25*

*"Who of you by worrying can add a single hour to your life?" -Jesus, Matthew 6:27*

### **Worry is useless.**

*"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" -Jesus, Matthew 6:26*

### **Worry is needless.**

*"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?" -Jesus, Matt 6:28-30*

*"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers. But your heavenly Father already knows all your needs." -Jesus, Matthew 6:31-32 (NLT)*

### **Worry is faithless**

*"These things dominate the thoughts of unbelievers."*

How do I stop my worry?

## **TODAY.**

### **Trust God for today.**

*"And don't worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." -Jesus, Matthew 6:34*

## **FATHER.**

### **I have a FATHER.**

*"Your heavenly Father knows what you need." -Jesus, Matthew 6:26, 32*

## **SEEK**

### **Seek God's life first.**

*"But seek first his kingdom and his righteousness, and all these things will be given to you as well." -Jesus, Matthew 6:33 (NIV)*

*"But seek first the kingdom of God and his righteousness, and all these things will be added to you." -Jesus, Matthew 6:33 ESV*

## **For your LifeGroup and growth time.**

Talk together...

What seems to be a recurring 'stress' or worry for you?

Read Matthew 6:25-33. Talk about why 'worry' and stress are no longer necessary for a follower of Jesus.

How is worry "faithless"? Does God really take care of all the details of my life and how much should I be involved in thinking these things out?

"Context" is important in understanding the Bible. Part of the 'context' of this passage is Matthew 6:19-24. What is being discussed here and how do the following statements Jesus says relate to this?

Based on this, how should our attitude toward "stuff" be changing?

How has yours?

Pray together and support each other!

*If you'd like to grow in your faith and connect with others, LifeGroups are a great place for you. For more information, drop us your name and we'll get back to you (emma@marinerscc.org)*