



10-MINUTE BIBLE LESSON

Do Not Worry

Matthew 6:25-34

Before watching the video: What do you already know about the Sermon on the Mount? What teachings from it might you know already? What are you most curious about regarding these chapters?

Now read the passage twice. Take time to notice every sentence and phrase. You may even want to start and stop the video to spend more time with each. What stands out to you?

²⁵“Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷And can any of you by worrying add a single hour to your span of life? ²⁸And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not clothed like one of these. ³⁰But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? ³¹Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ ³²For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. ³³But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. ³⁴“So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today. –

Matthew 6:19-24

After watching the video: Consider the ways this passage ties to the one that came before it in vs. 19-24. How do you think these two fit together; how what Jesus says in the previous verses may help us understand what he says here?

Think about what Jesus may be saying here about pursuing status. How much do you think you worry about achieving or acquiring things for the sake of looking better for others?

What could you apply verse 34 to in your own life today?

Conclude in prayer. Thank God for blessings, ask forgiveness for wrongs done, request help for uncertainty. Close with “amen.”