

john 15:4
A b i d e in **ME**



Bible studies for disciples who make disciples

Loudonville Community Church

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Stay Focused
Matthew 6:25-34

THIS WEEK'S CORE STATEMENT

God can help us manage worry and anxiety.

Billy Graham Shares Two Ways to Stop Worrying About the Future¹

Evangelist Billy Graham has said that in order to stop worrying about the future, it's important to understand the depth of God's love for us - and then commit all fears and concerns to God.

In a Q&A published Monday by the Billy Graham Evangelistic Association, the 98-year-old evangelist shared his thoughts in response to a question posed by a reader: "I know we're supposed to trust God instead of worrying all the time, but I just can't help it," the reader said. "Our budget is very tight as it is, and I worry constantly about what will happen if one of us loses our job or something. How can I stop worrying so much?"

Graham contended that it's not wrong to plan ahead or budget money, because otherwise, it's easy to spend on unnecessary things. However, there's a difference between planning ahead and worrying about the future, he said.

He explained: "When we worry, anxiety about the future takes root in our minds and hearts, and we become more and more fearful and unsettled. Constant worry also leads to doubt - doubt in ourselves, but most of all doubt in God and His love for us. And yet worrying never changes anything; as Jesus said, 'Can any one of you by worrying add a single hour to your life?' (Matthew 6:27)."

The founder of the Billy Graham Evangelistic Association then shared two tips for overcoming worry and anxiety: "First, understand just how much God loves you," he said. "If God didn't care about us, we'd have every reason to worry about the future. But He does care for us - and the proof is that He sent His son, Jesus Christ, into the world to give His life for us. If you have never done so, invite Christ into your life today."

Second, commit your worries to God, Graham advised: "When worries grip you, don't let them fester and grow; immediately turn them over to God in prayer. Let the Psalmist's words be your guide: 'Trust in him at all times ... pour out your hearts to him, for God is our refuge' (Psalm 62:8)."

This is not the first time that Graham has shared his thoughts on anxiety and its effect on one's spiritual life and daily living. In an earlier "My Answers" column, the evangelist said that while it's "not necessarily wrong" to have concerns about the future, excessive worrying is detrimental to both one's physical and spiritual health.

"But this isn't the same thing as worrying about the future or spending all our time fretting about everything that might (or might not) go wrong. When we do that, we easily become overly stressed and emotionally paralyzed - and may even become physically ill," Graham said. "More than that, we find ourselves worrying about things we can't control or do anything about - so why worry about them? Jesus said, 'Can any one of you by worrying add a single hour to your life?' (Matthew 6:27)."

Graham suggested that excessive fear "keeps us from trusting God." "The cure to worry is trust - trust in God, and trust in His love and protection. God loves us, and the proof is Jesus Christ, who gave His life for our salvation," Graham said. "If we can trust God for our eternal salvation, can't we also trust Him for our daily needs? Jesus said, 'Therefore do not worry about tomorrow, for tomorrow will worry about itself,' (Matthew 6:34)."

Graham continued: "... ask Him to help you put your worries into His hands every day. When anxieties come, bring them to God in prayer. When worries threaten, answer them with God's promises."

Leah Marieann Klett (news@gospelherald.com) April 21, 2017¹

STEP ONE . . .

READING

What does the text say?

Matthew 6:25-34 (ESV)

²⁵ Therefore I tell you, do not be anxious for your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ²⁶ Look 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 more valuable than they? ²⁷ And which of you by being anxious can add a single hour to his span of life? ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? ³¹ Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you. ³⁴ Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

STEP TWO . . .

OBSERVING how the passage moves

Return to the passage and **mark key words, phrases and movements:**

- Place brackets around "do not be anxious for your life, what you will eat or what you will drink, nor about your body, what you will put on" in verse 25.
- Jesus' teaching technique: asking questions: Underline:
 - Is not life more than food, and the body more than clothing?
 - Are you not more valuable than they?
 - And which of you by being anxious can add a single hour to his span of life?
 - And why are you anxious about clothing?
- Place brackets around "Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these" in verses 28b-29.

3. What are some ways that worry and anxiety can impact our lives?

4. Can you list the five takeaways from the sermon?

5. What are some other things we can do to help us manage worry and anxiety?

6. Why is it important to include praise and thanksgiving in our prayers?

7. What are some praiseworthy things we can thank God for when we pray?

STEP FOUR . . .

APPLYING the passage to my life
Our desire is to not be merely hearers of the Word but doers ~ James 1:22

You're encouraged to journal your answers to the following questions in order to apply what you've learned this week.

1. How is God making Himself known to you?

2. What is going on beneath the surface of your life that Jesus is trying to change?

3. How is God calling you to serve your family, community, and world?

A Bible Reading Plan for 2019

(on LCC website)

Sunday, February 24 thru Saturday, March 2, 2019

Deuteronomy 8-10; Deuteronomy 11-13; Deuteronomy 14-16;
Deuteronomy 17-19; Deuteronomy 20-22; Deuteronomy 23-25;
Deuteronomy 26-28

THE MISSION OF LOUDONVILLE COMMUNITY CHURCH

We are committed to reaching and teaching people to become devoted followers of Jesus Christ, connecting them to one another and sending them to serve their families, communities and world.

10 CORE VIRTUES OF A DISCIPLE

Love - a sincere affection for others *1 John 4:10-12*

Love is acting in someone else's interest no matter who they may be, no matter how you feel, and no matter what it costs.

Joy - a delight unaffected by circumstances *John 15:11*

An inner delight in God that is sustained in spite of the changing seasons of life.

Peace - an abiding sense of harmony *Philippians 4:6-7*

Relationships are free from friction. Positively, it describes harmonious relations with others in the church.

Patience - a willingness to stick with things *Proverbs 3:3-4*

Being willing to live with a difficult situation for a long time—even if things are slow to change or never change.

Kindness - a sense of compassion in the heart *Job 6:14*

An inner disposition that puts others at ease and out of which kind actions flow.

Goodness - a goodness that flows outwardly *1 Thess. 5:15*

Choosing to do the right things in my relationships with others.

Faithfulness - an unwavering loyalty *Psalms 26:3*

Being the kind of people who keep our word to one another.

Gentleness/Humility - an attitude of humility without any entitlement; a lack of self-awareness *Philippians 4:5; 2:3-4*

Gentleness is power and strength under God's control. Humility is considering others above myself, if I consider myself at all.

Self-Control - an ability to direct your energy wisely

Titus 2:11-13

The strength to restrain our desires, emotions, and actions has to come from within rather than from some outside source.

Hope - a certainty of what is to come *Hebrews 6:19-20*

Coping with the hardships of life and with death because of hope in Christ.

Memory Verse

~Matthew 6:33~

But seek first the kingdom of God and his righteousness,
and all these things will be added to you.

