

March 6, 2022

The Folly of Worry

Matthew 6:25-34

On September 24, 1998, the first a cappella song that reached number 1 on the *Billboard* Hot 100. The song, “Don’t Worry Be Happy.” A catchy song that we can all sing. For the 4 minutes the song plays we live according to the title. What about the other 1436 minutes in a day? How many of those minutes are spent worrying? As a believer in Jesus, did you know we are explicitly told to not worry? Worry is not an option for a believer. But why is it forbidden? Matthew gives us three reasons why worry is not a mark of a disciple.

Additional Verses:

Proverbs 12:25

Luke 12:22-31

2 Corinthians 9:8

Philippians 2:28, 4:6

Outline:

1. Worry is unproductive.

2. Worry is unnecessary.

3. Worry is unworthy.

Study Questions:

1. Why is it difficult for you not to worry? What do you worry about the most? Are those worries the same as in this passage?

2. How does worry make you unproductive in your life? In your ability to be useful for the kingdom of God?

3. Why is worry unnecessary for a believer? Describe the “how much more” argument. What does this tell you about God’s disposition toward you?

4. What is the cure for worry? See Psalm 34:4, 42:5; Philippians 4:6-7; Hebrews 13:6

5. How is the Holy Spirit leading you to respond to God today?