



BREAK FREE FROM WORRY

Break Free, Part 13

Pastor Todd Hudnall

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Matthew 6:24-34

Understanding Worry

1. **Worry exposes** _____.

Matt. 6:24 “No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.”

2. **Worry reveals** _____ **perspective.**

Matt. 6:25 “Therefore I say to you, do not worry about 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?”

Connection Group Discussion Questions

1. What is the difference between being responsible and being worried?
2. What are the primary areas where you tend to worry?
3. Read **Matthew 6:24**. How does loving something more than you love God lead to worry?
4. Read **Matthew 6:31-32**. How does worry make you a “practical atheist”?
5. Read **Matthew 6:34**. What does it mean to live life one day at a time?
6. Read **Philippians 4:6**. Have you been very effective at turning worries into prayers? Please explain.
7. Read **1 Peter 5:7**. What in your life has been most effective in enabling you to grow in your trust in the Lord?

3. **Worry demonstrates lack of _____ in God.**

Matt. 6:26-32 “Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith? Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.”

To Break Free From Worry

1. **Give your full _____ to Jesus Christ.**

Matt. 6:33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

2. **Live _____ day at a time.**

Matt. 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

3. **Trust God with the _____.**

Phil 4:6 “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”

1 Pet 5:7 “Casting all your care upon Him, for He cares for you.”