

Is It Really Possible Not to Worry?

The Sermon on the Mount Season 2

Core Message: Jesus calls His followers to reject worry because our Heavenly Father deeply loves us and faithfully provides for every need. Worry is not simply an emotion but a spiritual battle that seeks to rob believers of peace, joy, and effectiveness. By trusting God's promises, resisting fear with His Word, and seeking His Kingdom first, believers can experience the peace that Christ gives. Rather than living in anxiety about tomorrow, we are invited to rest in God's faithful care one day at a time.

Main Bible Verses (NASB):

- **Core Memory Verse: (Matthew 6:25–26)** "For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is life not more than food, and the body more than clothing? Look at the birds of the sky, that they do not sow, nor reap, nor gather crops into barns, and yet your heavenly Father feeds them. Are you not much more important than they?"
 - **(Matthew 6:33)** "But seek first His kingdom and His righteousness, and all these things will be provided to you."
 - **(Matthew 6:34)** "So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own."
 - **(Isaiah 9:6)** "For a Child will be born to us, a Son will be given to us; And the government will rest on His shoulders; And His name will be called Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace."
 - **(James 4:7)** "Submit therefore to God. But resist the devil, and he will flee from you."
-

Reflection Questions:

1. What worries have been occupying my heart, and how can I intentionally surrender them to the Lord?

2. How does remembering my value to God help me resist fear and anxiety?

3. What does it look like for me to seek God's Kingdom first in this season of my life?

4. Which promise from today's teaching can I meditate on this week when worry tries to take hold?

Application Challenge of the Week:

Each day this week, whenever a worry enters your mind, immediately replace it by speaking aloud one promise from Matthew 6 and spend a few moments thanking God for His faithful care. (Or come up with your own as the Lord leads):

Prayer Prompts:

- Thank God for His faithful provision and loving care.
 - Ask the Holy Spirit to help you resist the spirit of worry with God's Word.
 - Pray for the peace of Jesus to guard your heart and mind each day.
-

“The Lord bless you, and keep you; the Lord cause His face to shine on you, and be gracious to you. The Lord lift up His face to you, and give you peace.” Numbers 6:22-27
(NASB 95’)