

# SERMON *on the* MOUNT

## Don't Worry

Matthew 6:25-34

### Therefore, do not worry...

*"Worry does not empty tomorrow of its sorrow.  
It empties today of its strength."  
Corrie ten Boom*

*"Therefore I tell you, **do not worry** about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?... Can any one of you by worrying add a single hour to your life?"*

*So **do not worry**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them..."  
Matthew 6:25-32*

Jesus touches on two types of worry here:

1. Legitimate \_\_\_\_\_
2. Illegitimate \_\_\_\_\_

Worry reveals what we truly \_\_\_\_\_ (vv. 25-26).

Worry reveals what we truly \_\_\_\_\_ (vv. 30-33).

### Seek first...

*"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore **do not worry** about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

Matthew 6:33-34

We can't overcome worry by focusing on overcoming worry. We can only **overcome worry if it is dwarfed by our vision of something greater**: the Kingdom of God.

**In the end, worry is worthless.**

## Sermon on the Mount: Don't Worry

Matthew 6:25-34

Questions from Sermon on May 31, 2026

### Getting to Know Me

1. What's the most ridiculous thing you have caught yourself worrying about, and how did it turn out?

### Digging Deeper

2. What stood out to you from Sunday's sermon about worry?
3. Jesus tells us not to worry three times in this passage. What does this tell us about how seriously he takes this struggle?
4. Pastor Phil talked about *legitimate needs* and *illegitimate fears*. How can you discern the difference? Which do you tend to wrestle with more?
5. Read Matthew 6:25-27. What is Jesus telling us in this passage, and what is he not saying?
6. How do you navigate making wise plans, but not worrying?
7. Read Matthew 6:28-34. In tangible terms, how does worry reveal about what we value and where we've placed our trust?

8. Jesus speaking of God as our "*heavenly Father*" was revolutionary at that time. What difference does it make to think of God as a loving Father who already knows our needs?

9. Which is easier for you: to trust God for eternity or to trust God for your needs today? Why do you think that is?

10. Read Matthew 6:33-34. What does Jesus require of us and what assurance does he promise for living this way?

### Making it Personal

11. Where have you been treating something temporary as if it were permanent, and what might that reveal about where you are placing your trust?
12. What is one thing you could do differently this week to seek God's kingdom and put energy into living for him?

### Prayer

Have someone read Psalm 23 slowly and out loud while the group listens – not as a familiar poem, but as a personal word from their Heavenly Father.

Then allow time for anyone who wants to, to pray a one-sentence prayer, offering to God something they've been carrying. After a few have prayed, have someone close by thanking God that he is our Shepherd and has our tomorrow in his hands.

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Worry reveals what we truly **TRUST** (vv. 30-33).

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