

**“DON'T WORRY, BE HAPPY”**  
**Matthew 6:25-34**

**DISCUSSION QUESTIONS**

**I. WORRY DOESN'T WORK. 25**

- A. Powerful \_\_\_\_\_ Agent
- B. Powerless \_\_\_\_\_ Agent

**II. WIN OVER WORRY... 26-34**

- A. By \_\_\_\_\_ in God's \_\_\_\_\_.
- B. By \_\_\_\_\_ to God's \_\_\_\_\_.
- C. By \_\_\_\_\_ with God's \_\_\_\_\_.

1. What kinds of things cause people to worry? Is there a common denominator underlying all these items of worry? What is on your list of worry items?
2. Read Isaiah 26:3, Philippians 4:6-7, & 1 Peter 5:7. What is the relationship between worry and prayer? Have you observed a correlation between the amount you worry and amount you pray?
3. In Matthew 6:32-33, Jesus in effect says if we'll keep first things first, then second things get thrown in. Do you think you are pursuing “first” things or “second” things? How can you tell?
4. Commitment to the cause of Christ comes at a high cost. What does Jesus promise his followers in John 16:33? Have you ever experienced peace in the midst of “trouble”?



**“DON’T WORRY, BE HAPPY”**

**INVERTED**

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# TIME



## UNDERSTANDING ANXIETY

Now more than ever  
we are worrying ourselves sick

- What scientists have learned
- The best ways to cope

# INVERTED

## I. WORRY DOESN'T WORK.

### A. Powerful Choking Agent



Matthew  
6:25

“The one who received the seed that fell among the thorns is the man who hears the word, but the worries of this life and the deceitfulness of wealth choke it, making it unfruitful.”

-Matthew 13:22

# INVERTED

## I. WORRY DOESN'T WORK.

A. Powerful Choking Agent

B. Powerless Change Agent



Matthew

6:25

# INVERTED

## II. WIN OVER WORRY...

A. By Confidence in God's Care.



Matthew

6:26-30

“Cast all your anxiety  
on him because he  
cares for you.”

1 Peter 5:7

# INVERTED

## II. WIN OVER WORRY...

- A. By Confidence in God's Care.
- B. By Commitment to God's Cause.



Matthew  
6:21-23

“Put first things first and we get second thing thrown in; put second things first and we lose both first and second things.”

-C. S. Lewis



# INVERTED

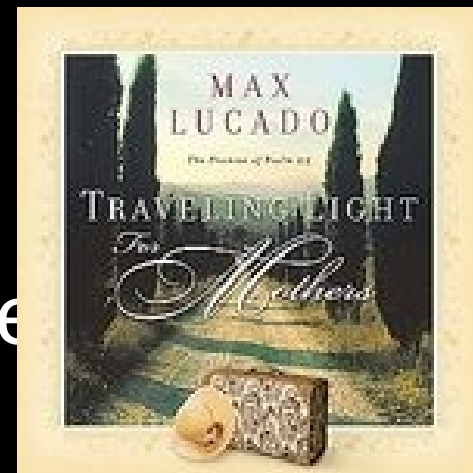
## II. WIN OVER WORRY...

- A. By Confidence in God's Care.
- B. By Commitment to God's Cause.
- C. By Contentment with God's Control.



Matthew  
6:24

Max Lucado renders Matthew 6:34,  
“God will help you deal with what-  
ever hard things come up when the  
time comes.”



- “I don’t know what I’ll do if my husband dies.” You will *when the time comes*.
- “When my children leave the house, I don’t think that I can take it.” It won’t be easy, but strength will arrive *when the time comes*.

“The key is this: Meet today’s problems with today’s strength. Don’t start tackling tomorrow’s problems until tomorrow. You do not have tomorrow’s strength yet. You simply have enough for today.”

-Max Lucado

