

Matthew 6:25-34

²⁵"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 important than food, and the body more important than clothes?"

²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷Who of you by worrying can add a single hour to his life?

²⁸"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?"

³¹So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³²For the pagans run after all these things, and your heavenly Father knows that you need them.

³³But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

August 30, 2009

Pastor Tim Wood

"Blessed: Not Stressed" (Part two) Psalm 37

Verse 1 –Do not fret because of evil men...

Verse 7 –Do not fret when men succeed in their ways...

Verse 8 –Do not fret – it only leads to evil. It only leads to harm. (NKJV)

10 Directives to Battle Worry

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Why worry when I know I have:

Small Group & Personal Bible Study Lesson

Pastor Dennis Hadley

Memory Verse: Psalm 37:4

Commit your way to the LORD;
trust in him and he will do this:

Daily Reading and Reflection on the Word of God:

(Be prepared to share what you wrote down as you reflected on God's Word each day from these verses)

Day 1: Psalm 37:3

³ Trust in the LORD and do good;
dwell in the land and enjoy safe pasture.

What is God's Word telling me to do?

What promise do you find in this verse from following God's Word?

Day 2: Psalm 37:4

⁴ Delight yourself in the LORD
and he will give you the desires of your heart.

What is God's Word telling me to do?

What promise do you find in this verse from following God's Word?

Day 3: Psalm 37:5

⁵ Commit your way to the LORD;
trust in him and he will do this:

What is God's Word telling me to do?

What promise do you find in this verse from following God's Word?

Day 4: Psalm 37:6

⁶ He will make your righteousness shine like the dawn,
the justice of your cause like the noonday sun.

Connect verse 5 and 6 together, what will He do?

What is the result of trusting and committing our ways to the Lord?

Day 5: Psalm 37:7

⁷ Be still before the LORD and wait patiently for him;
do not fret when men succeed in their ways,
when they carry out their wicked schemes.

What is God's Word telling me to do?

Why would God want me to be still and wait patiently for him?

Day 6: Psalm 37:8

⁸ Refrain from anger and turn from wrath;
do not fret—it leads only to evil.

What is God's Word telling me to do?

What is happening in my life when I get angry or I choose to fret?

Day 7: Psalm 37:9

⁹ For evil men will be cut off,
but those who hope in the LORD will inherit the land.

What is God's Word telling me to do?

What promise do you find in this verse from following God's Word?