

A Bible Study on Matthew 6:25-34: Do Not Worry About Tomorrow

When I first became a Christian, I spent a lot of time in Matthew 6. Matthew 6 became a safe haven for me and my worrisome thoughts. At one point, I even had the majority of the chapter completely memorized. While I cannot recite it word-for-word anymore, I am very familiar with its contents.

All of Matthew 6 is worth studying; however, today, we are going to be focusing on Jesus' teachings in Matthew 6:25-34. This section of the Bible is often spoken of; however, its meaning can be lost on us. If we do not give it the proper time and study, we will not fully understand it, nor find comfort in its words. The Bible is there to instruct, guide, and encourage, as well as offer comfort and hope.

By taking the time to dive into Matthew 6:25-34, we will see Him as the living, caring, and protecting Savior that He is. Without studying the Bible and its various passages, we would never obtain a thorough knowledge of the Lord. Taking time to study the Lord's teachings will be beneficial for our present life and the life to come.

Life is More Than All These Things

"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? Look 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? Can any one of you by worrying add a single hour to your life?" (Matthew 6:25-27).

There are many things that cause us to worry. We worry about what we will eat, what we will drink, the condition of our bodies, and what we will wear. Due to financial strains, we might be afraid that we can't afford food for our family, utilities, or clothes. These are all valid fears; however, we don't need to let them control us. As the Lord tells us, life is more than food, and the body is more than clothes.

Jesus instructs us to look at the birds in the sky. They don't go grocery shopping or store away their food in barns. Rather, they rely on God, and He feeds them. Since God cares about the birds in this way, how much more does He care about us! This teaches us to give control to God and trust Him.

As the Lord plainly points out, none of us can add a single hour to our lives by worrying. This is because worrying is never good for anything. I'm a worrier myself, and I can testify that it is never a good thing to spend your time obsessing over what-ifs. It will only make the problem feel more troublesome for you, and you will struggle more in everyday life. All of us need to take a pointer from Peter and cast our cares on the Lord (1 Peter 5:7).

Challenge Questions:

- Do you worry about your life? Why do you worry? Has worrying ever accomplished anything?
- What are some ways you can release control over to God rather than worrying?
- Since God will provide for the birds of the air, what does that tell you about what He will do for you?

Prayer: "Dear God, thank You for caring for me and providing for me. Help me not to worry about my life, my body, food, water, or clothes. Provide me with everything I need, as I know You can. I will refrain from worrying and choose to trust in You. I know You can do all things. In Your Son's Name, I pray, Amen."

Releasing Worries to the Lord

"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If 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—you of little faith? 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. But seek first his kingdom and his righteousness, and all these things will be given to you as well" (Matthew 6:28-33).

Continuing on with His teachings, the Lord asks the crowd why they worry about their clothes. Similar to how God clothes the grass of the field, He will also clothe us. King Solomon, who was dressed in all of the splendor of the world, was not even as well-dressed as the lilies of the field. Since this is how God cares about the lilies in the field, we don't need to doubt His love for us. Rather than having little faith and questioning the Lord, we need to seek God's Kingdom and His righteousness, and all of these things will be given to us also.

Our life on this earth is temporary. God sees every hair that falls from our heads (Luke 12:7), so why are we doubting Him with our very lives? In the same way, we trust the Lord for salvation, so why are we doubting Him with our future? As believers, we need to release our fears to the Lord and know that He is always for us and never against us (Romans 8:31).

Challenge Questions:

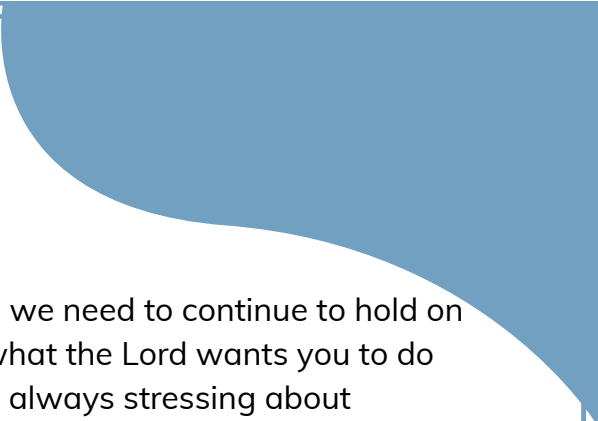
- Do you worry about your daily necessities? Why do you think this is?
- How might God clothe you with the lilies of the field? How is this more magnificent than Solomon's elaborate clothing?
- What are some ways you can release your worries to God this week?

Prayer: "Dear Jesus, I don't want to be of little faith. I'm giving all my worries over to You. I'm also choosing to seek Your Kingdom and righteousness over all things. No more will I worry about my life, food, water, my body, or my clothes. You have everything under control, and all I need to do is stay focused on You. Amen."

Each Day Has Enough Trouble of Its Own

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (Matthew 6:34).

Every day has enough trials and hardships all in itself. This is why we don't need to worry about tomorrow. We never know what could happen tomorrow; therefore, we don't need to waste time worrying about it. Spending time worrying will only rob us of the energy we need to serve God and serve others today.



What the Lord tells us in Matthew 6:34 is something we need to continue to hold on to for the rest of our lives. Only focus on today and what the Lord wants you to do today. Tomorrow will worry about itself. Rather than always stressing about tomorrow, let us choose to focus on today. God is in control, and we can trust Him with the outcome.

Challenge Questions:

- Do you tend to worry about tomorrow? Why do you think this is?
- What are some ways you can focus on the present and trust God with the future?
- How might you continue to cultivate Matthew 6:34 in your life?

Prayer: “Dear Jesus, I have a bad habit of stressing about tomorrow. Please help me to focus on today and what You want me to do in the present. I will let tomorrow worry about itself because it is not a concern for me right now. I’m leaving the future in Your hands. In Your Name, I pray, Amen.”

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