



Sunday, March 10, 2019 | Wawasee Community Bible Church | Milford, Indiana | Dr. Rock LaGioia

Worry Exposed

Matthew 6:25-34

Do Not Worry!

Worry is Unreasonable.

Matthew 6:25-27

Worry is Unbelief.

Matthew 6:28-30

Worry is Unbecoming.

Matthew 6:31-33

Worry is Unnecessary.

Matthew 6:34



What is this? – Each week people from Wawasee Bible meet in small groups in various homes to learn about Jesus, pray, eat, laugh, and live life together. We call them 1:10 Community Groups (the “1:10” comes from Colossians 1:10). The questions here are based on the sermon each week (often a parallel passage of Scripture), and guide each group’s study. If you’re interested in connecting with a 1:10 Group, let us know on the Connect Card in your bulletin.

Getting Started

1. Five hundred years ago, Michel de Montaigne said: "My life has been filled with terrible misfortune; most of which never happened." How many of us can relate to this statement?
2. **Read Matthew 6:25-34.** Review your message notes. What stood out to you from the message this week? Do you have questions? Disagreements? Discuss it with your group.

Digging Deeper

3. What is the difference between concern and worry? Is either one a sin?
4. In verse 25 Jesus commands us not to be anxious/worry. How can I just “not worry”?
5. Where does worry/anxiety start within a person? Since Jesus commanded us not to worry, it must be something we can control (Hint: think heart/mind). Biblically & practically, what does this mean for us then when we worry?
6. Why does Rock say that “Worry is Unreasonable”? Explain this practically.
7. How does worry end up being unbelief? **Read James 4:17** and explain how this verse ties in with Jesus’ command not to worry.
8. According to verse 31-32, how is **our** worry different from the Gentiles (unbelievers)?
9. Rock also expresses that worry is unbecoming. What did he mean and how do we see that being lived out today?
10. **Read Philippians 4:6-7.** What is the remedy for worry according to this passage?
11. What is the opposite of worry? What does Jesus command us to do instead of worrying according to Matt. 6:33?

Up Close

12. If you (and the church) really lived according to Matthew 6:25-34 & Philippians 4:6-7, what type of church/community would we have?
13. How is not worrying—i.e. seeking & trusting God— another evidence of bearing fruit (as observed in last week’s message in Mark 4:1-20)?

During your prayer time this week, let's all be praying together about the following items. Use the space at the bottom to record your personal prayer items, or requests from your 1:10 Group.

Neighboring Church

Pray this week for the ministry and people of Vineyard Community Church in Syracuse.

Personal Prayer Items

Word Find for Matthew 6:30–34 (ESV)

*Find the words **bolded** below.*

³⁰ But if God so **clothes** the **grass** of the **field**, which **today** is **alive** and **tomorrow** is **thrown** into the **oven**, will he not **much more clothe** you, O you of **little faith**? ³¹ **Therefore** do

not be **anxious**, **saying**,
'What shall we eat?' or 'What shall we **drink**?' or 'What shall we **wear**?' ³² For the **Gentiles**

seek after all these **things**, and your **heavenly Father** **knows** that you **need** them all. ³³ But **seek first** the **kingdom** of God and his **righteousness**, and all these **things** will be **added** to you.

³⁴ "**Therefore** do not be **anxious** about **tomorrow**, for **tomorrow** will be **anxious** for itself. **Sufficient** for the day is its own **trouble**."

D	G	A	D	D	E	D	T	O	D	A	Y	N
F	T	L	R	T	C	M	H	H	S	E	R	E
I	C	I	I	T	L	T	R	O	U	B	L	E
R	F	V	N	T	O	K	O	A	F	F	S	D
S	E	E	K	W	T	K	W	N	F	A	T	R
T	F	A	I	T	H	I	N	X	I	T	H	M
O	W	K	O	V	E	N	O	I	C	H	I	G
M	O	R	E	K	A	G	H	O	I	E	N	R
O	F	X	U	O	V	D	M	U	E	R	G	A
R	I	G	H	T	E	O	U	S	N	E	S	S
R	E	A	Y	H	N	M	C	W	T	F	Y	S
O	L	I	T	T	L	E	H	K	N	O	W	S
W	D	C	S	A	Y	I	N	G	W	R	T	K
W	E	A	R	G	E	N	T	I	L	E	S	A