



Matthew 6:25-34 – How Do I Find Peace In A Pandemic World?

March 22, 2020

*When the cares of my heart are many, your consolations cheer my soul.
Psalm 94:19 (ESV)*

As Christians, we should not be anxious about the future.

- 1. We do not need to be anxious about the future because we have a heavenly father who _____ for us.**

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?" Matthew 6:25 (ESV)

- A. If our heavenly father provides food for the birds, we can be sure He will provide the _____ for us.**

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? Matthew 6:26 (ESV)

B. Worrying about the future will not _____ our life.

And which of you by being anxious can add a single hour to his span of life? Matthew 6:27 (ESV)

C. If our heavenly father clothes the flowers, why would He not provide _____ for us.

And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. 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? Matthew 6:28-30 (ESV)

2. Anxiety is a normal part of the unbeliever's life. It is _____ a normal part of the Christian life.

Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. Matthew 6:31–32 (ESV)

3. Anxiety about the future is an _____ way to face the future.

"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble." Matthew 6:34 (ESV)

*The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.
Lamentations 3:22–23 (ESV)*

4. When we focus on loving God and loving people, God promises to _____ for our daily needs.

But seek first the kingdom of God and his righteousness, and all these things will be added to you. Matthew 6:33 (ESV)

Life Group Questions

1. In the COVID-19 pandemic, what worries you the most?
2. Read Matthew 6:25-34. How does knowing we have a heavenly father who knows everything that is happening to us and who promises to provide for us change the way we think about the days to come?
3. Anxiety about the future (and hoarding toilet paper) is a normal part of the unbeliever's life, but not a normal part of the Christian's life. Why is anxiety a deficiency in our faith?
4. One of the best ways we can witness in these times is showing confidence in our heavenly father's care and provision, that those who do not know God won't possess. How will that change the way you handle yourself around other people this week?
5. Why is it unwise to worry about tomorrow today? What does God promise to give us tomorrow that we don't have today?
6. What is God's promise to those who focus on loving Him and loving people? How does it apply in these challenging times? (See Matthew 6:33)
7. Read Isaiah 26:3, 1 Peter 5:7, Philippians 4:6-7. What do these verses tell us we must do to avoid being overwhelmed?
8. Read Proverbs 12:25. What does this verse tell us we should do with our family and friends to avoid the spread of unnecessary anxiety?