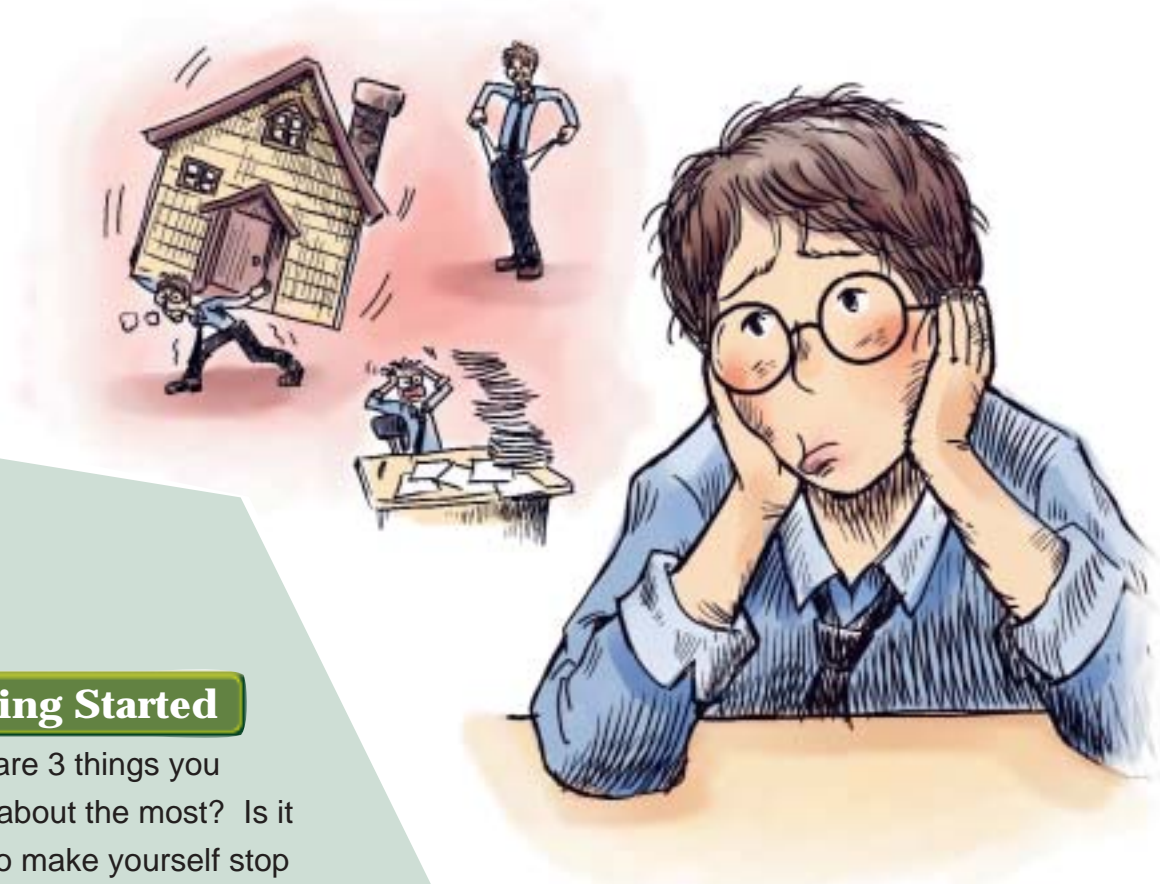


Why Worry?



Getting Started

What are 3 things you worry about the most? Is it easy to make yourself stop worrying about these things? What are some dangers of worrying too much?

Take the stress test. Rate yourself from 1 to 5 – 1 represents “always true” and 5 represents “never true.”

- 1) I get 7 to 8 hours of sleep at least four nights a week.
- 2) I eat at least two healthy meals a day.
- 3) I do something for fun at least once a week.
- 4) I have good relationships with my friends and family.
- 5) I get sick twice a year or less.

- 6) *I exercise at least twice a week.*
- 7) *I don't worry much about my family.*
- 8) *I don't worry much about my health.*
- 9) *I don't worry much about money.*
- 10) *I don't worry much about work/school.*

Add up your score. How did you do? If you scored 10-24 you have a pretty low stress level. If you scored 25-39 you have an average stress level. If you scored 40-50 you have a high stress level and you should take a vacation!

Improving Your Vocabulary

healthy (adj) – having good health or something that helps promote good health

relationship (n) – a connection or association with another person

in order to (idiom) – for the purpose of

worth (n) – having great importance or value

burn up (v phr) – to completely destroy by fire

concerned (v) – to focus on or give ones' attention to

require (v) – what is expected or demanded of

Reading God's Word

Matthew 6:25-34

25 "This is why I tell you: do not be worried about the food and drink you need in order to stay alive, or about clothes for your body. After all, isn't life worth more than food? And isn't the body worth more than clothes? **26** Look at the birds: they do not plant seeds, gather a harvest and put it in barns; yet your Father in heaven takes care of them! Aren't you worth much more than birds? **27** Can any of you live a bit longer by worrying about it? **28** "And why worry about clothes? Look how the wild flowers grow: they do not work or make clothes for themselves. **29** But I tell you that not even King Solomon with all his wealth had clothes as beautiful as one of these flowers. **30** It is God who clothes the wild grass—grass that is here today and gone tomorrow, burned up in the oven. Won't he be all the more sure to clothe you? What little faith you have! **31** "So do not start worrying: "Where will my food come from? or my drink? or my clothes?" **32** (These are the things the pagans are always concerned about.) Your Father in heaven knows that you need all these things. **33** Instead, be concerned above everything else with the Kingdom of God and with what he requires of you, and he will provide you with all these other things. **34** So do not worry about tomorrow; it will have enough worries of its own. There is no need to add to the troubles each day brings."

Taking a Closer Look

1. What does Jesus tell us not to worry about?

2. Why shouldn't we worry?

3. What does God's care for the birds and the flowers teach us?

4. What does Jesus say we should be concerned with? What will happen if we do this?

5. Do you think there is a difference between worry and concern?

6. Do we worry about the same things today that people worried about back when Jesus spoke these words? What do most people worry about today?

Taking Action

1. What have you been worrying about recently? How has worrying helped the situation? Why not try turning your concerns toward what God requires instead?

2. Do you believe God cares about you? What steps can you take this week to help you better understand God's love and care for you?

Memory Verse: Matthew 6:33

³³ Instead, be concerned above everything else with the Kingdom of God and with what he requires of you, and he will provide you with all these other things.

Reviewing the Vocabulary

Answer the questions using the **bolded** vocabulary words.

1. What do we need **in order to** live?

2. What is something you are **required** to do?

3. What is something you are **concerned** about?

4. Tell me about someone you have a good **relationship** with.

5. What is **worth** most to you in life?

For further study, see Matthew 8:26; Philippians 4:6-7; 1 Peter 5:6-7; Psalm 23:1.



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