

MATTHEW
6: 16—34
Fasting, True Treasure
and a Cure for Anxiety

What fact from nature did Jesus use to illustrate the folly of worrying over clothes? (6:28). _____

How did Solomon's wardrobe measure up to the beauty of nature? (6:29). _____

What comfort can followers of Christ find in the beauty of nature? (6:30). _____

What does it take for us to walk in these truths? (6:30). _____

Application: Therefore "Do not _____" about material things. (6:31).

Who is consumed by concerns over food, water, and clothing? (6:32). _____ (They are *referred to as non believers*)

Does our heavenly Father know of our needs? (6:32). _____

What should we be seeking first in our life? (6:33). _____

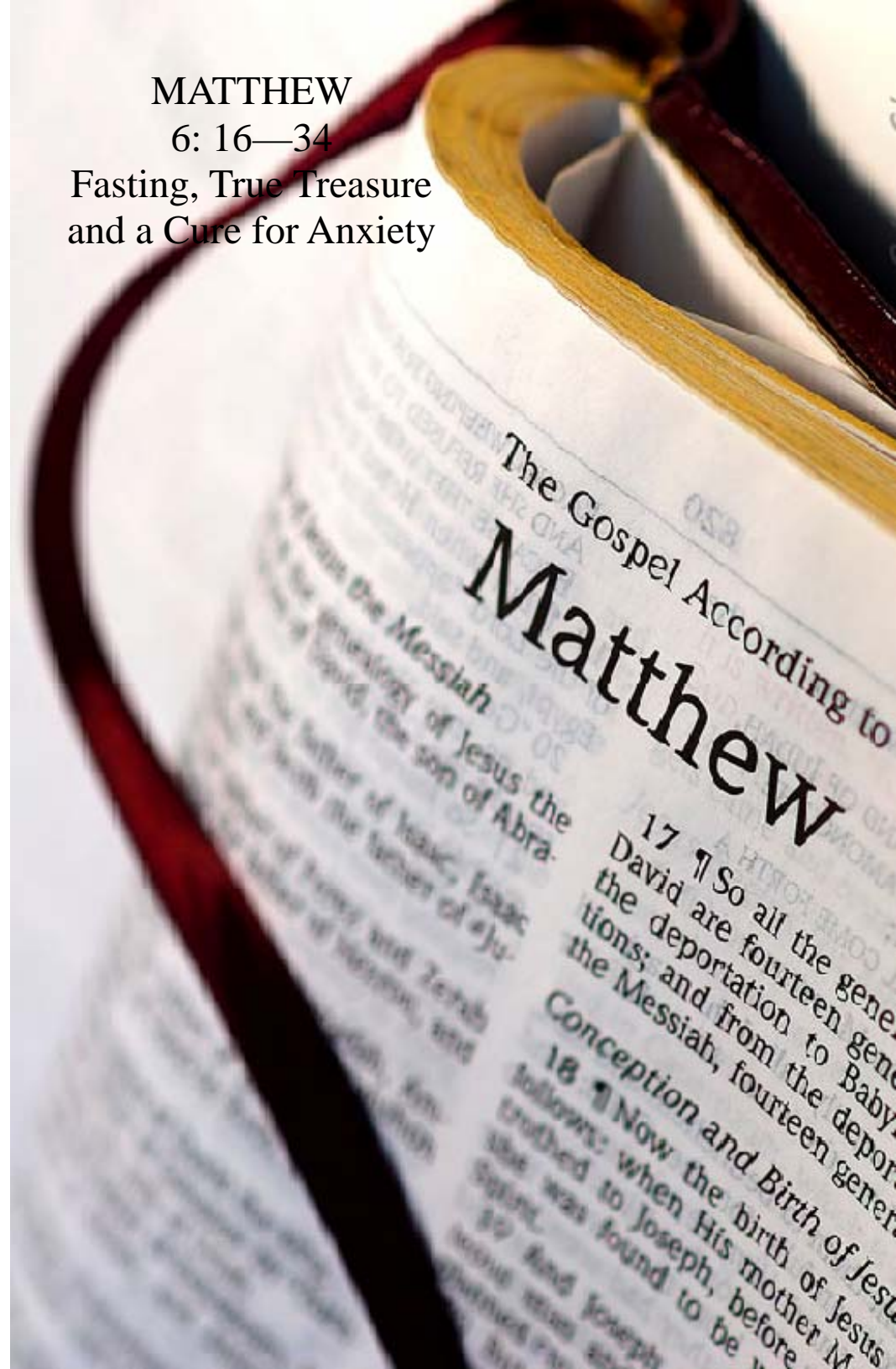
What will be the outcome when I keep the right perspective and trust God? (6:33). _____

What is our Lord's application to all that he has said from verse 19 -33? (6:34). _____

What is the difference between planning for the future and worrying about the future? _____

What worry will you entrust to God today? _____

Read Philippians' 4:6-7 and ponder upon it this week.



What are we not to do when we fast? (6:16). _____

Why? _____

Hypocrites - a Greek word for "actors"

What are we to do when we fast? (6:17). _____

Who are we to be seen by when we fast? (6:18). _____
Repay = reward; to recompense.

When God alone is the audience you seek, you receive what He alone can give.

Why are we not to lay up for our selves treasures upon earth? (6:19). _____

Lay Up = "To accumulate"

Where should we seek to lay up our treasures? (6:20). _____

Treasure = Things one values.

What does Peter tell us of these treasures? (1 Peter 1:4). _____

What is effected when we are drawn to treasures, good or bad? (6:21). _____

What is the lamp or the light of the body? (6:22). _____

Clear/ Good - Hoplous" (Gk) = single, healthy.

If your focus in life is directed on the treasures of heaven, then your spiritual life will be full of spiritual light and influence.

If your lamp is bad, what will it produce in your heart? (6:23). _____

Bad = evil, wicked.

What does the Lord tell us of serving two masters? (6:24). _____

Mammon is materialism, "wealth personified" (Expositor's Bible Commentary).

When God is master - money is only a servant of His purposes (Bob Caldwell, CC Boise)

What three worries did Jesus discourage among His followers? (6:25) _____

Why? _____

Jesus said "for this reason" or therefore" which is an application to verse 24. If Jesus is our Master whom we serve, than we should not _____ about the needs of our life. (6:25).

What creatures did Jesus use to illustrate God's reliability as a provider? (6:26). _____

Why should we take great comfort from the way God provides for the animal kingdom? (6:26). _____

Does anxiety have any benefit? (6:27). _____
Anxiety = to be troubled with cares.

Jesus isn't suggesting that we do nothing to meet our physical needs, but that we keep our needs in the proper perspective and trust God rather than worrying about them. (Chuck Smith).

Anxiety or Stress is one of the great contributors to disease and poor health.