

What if Worry Was Optional?

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Pray

- Pray for God to open your heart and mind by his Spirit.



To Begin

- What things did you worry about this week? What consumed your thoughts?



Scripture

Main Passage: Read Matthew 6:19-34 and write out as many observations as you can.

Summarize the main point of this passage and write out a key verse.

Further Study
Treasuring
Jesus
Mt 13:44-45
Php 3:7-14
Ps 73:25-28
Ps 27:4

Other Scriptures regarding worry:

Jot down your thoughts.

- 1 Peter 5:7
- Matthew 11:28-30
- Psalm 94:19
- Philippians 4:6-8
- Mark 4:19 and context
- Luke 21:33-36
- Psalm 55:22

Write out a summary of what these passages teach about worry/anxiety:



Memorize

- Commit Matthew 6:33 to memory. Write out below from memory:

Riches I heed not,
nor man's empty
praise
Thou mine
inheritance, now
and always; Thou
and Thou only,
first in my heart
High King of
heaven, my
Treasure
Thou art.
Be thou my vision



Application

- What verse(s) from this study are most meaningful to you? How will you apply?
- What will you do to make Christ more of your treasure this week?
- What do you need to remove from your life so that Christ can be your treasure?
- How will you specifically combat worry this week?