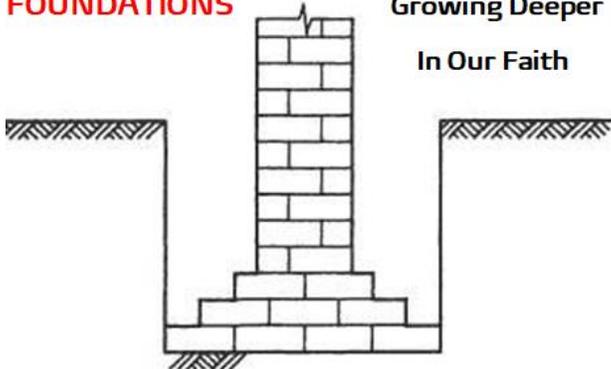


FOUNDATIONS

Growing Deeper

In Our Faith



Psalms 11:3 (NKJV) ³If the foundations are destroyed, What can the righteous do?

barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? ²⁷ Can all your worries add a single moment to your life?

²⁸ "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, ²⁹ yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰ And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?"

STUDY NOTES:

- Jesus often asked questions to make His point
- 5 Questions asked in 6 verses
- Worry is a poor witness to the person of Christ

I. **The Sinfulness of Worry** (vs. 25) (Phil 4:6)

- a. Don't worry about anything
- b. Pray about everything – and gain peace (Phil 4:7)
 - i. Prayer is God's alternative to worry (2 Tim 1:7) (1 John 4:18)
 1. Fear can only be demonic according to scripture
 2. Fear reveals a lack of Christian maturity

II. **The Senselessness of Worry**

- a. Worry cannot feed you (vs.26)
- b. Worry cannot heal you (vs. 27)
 - i. It CAN however make you sick!
 1. It robs time from you!
- c. Worry cannot clothe you (vs.28-29)
 - i. Christ is all we need!

III. **The Substitute for Worry** - (vs.30)

- a. Faith – (Proverbs 3:5-6)
 - i. You can conquer fear by building up your faith – (Romans 10:17)

Reflections Questions:

1. Has worry ever added anything positive to your life? How about negatively? Explain your reasoning in accordance to the Bible
2. Why should faith be of extreme importance in our lives?
3. How much do you worry? How can you change this?
4. Is there anything (including worry) that God cannot help us with?
5. What is your biggest worry in life in this moment? Why not ask God to give you the faith to overcome this worry??

Foundations Bible Study for the week of July 19, 2020

- Read the Foundational Truth Text: **Matthew 6:25-30**
- Today's Message from: Dr. Steve Gaines
- Watch the Foundational Truth Video and use the outline below as you watch:

<https://www.youtube.com/watch?v=LBKKc7RORgE>

Sermon: "Worry Not!"

Matthew 6:25-30 (NLT) ²⁵ "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? ²⁶ Look at the birds. They don't plant or harvest or store food in