

Mountain Talk

Week 13: Building Tranquility

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear."

Matthew 6:25a (NIV)

1. True _____.

Is not life more important than food, and the body more important than clothes?"

Matthew 6:25b (NIV)

A. Life. _____.

B. Body. _____.

2. Life's _____ are provided by God.

A. _____.

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them."

Matthew 6:26 (NIV)

*** Providence matches _____.**

"Go to the ant, you sluggard; consider its ways and be wise!

⁷ It has no commander, no overseer or ruler, ⁸ yet it stores its provisions in summer and gathers its food at harvest.

⁹ How long will you lie there, you sluggard? When will you get up from your sleep?"

Proverbs 6:6-9 (NIV)

*** Value by _____:**

Are you not much more valuable than they?"

Matthew 6:26b (NIV)

What is the price of two sparrows one copper coin? But not a single sparrow can fall to the ground without your Father knowing it. ³⁰ And the very hairs on your head are all numbered. ³¹ So don't be afraid; you are more valuable to God than a whole flock of sparrows."

Matthew 10:29-31 (NLT)

B. _____.

"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?"

Matthew 6:28-30 (NIV)

3. Concentrating on the wrong stuff steals _____.

"Who of you by worrying can add a single hour to his life?"

Matthew 6:27 (NIV)

4. The _____ for worry.

"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Matthew 6:31-34 (NIV)

A. Don't _____ in it.

B. Invest in _____.

*** Kingdom:** _____?

*** Righteousness:** _____?

