



Lesson 1

June 6, 2021

# No Worries

Matthew 6:25-34

In today's Bible lesson, Jesus teaches how to embrace the opportunity to trust God in everyday life. How can this be accomplished? In today's contemporary scenario, we will see how Lillian was able to appreciate and trust God's care for everything when she applied Jesus' teachings about worry to her own fears and anxieties.

Lillian is in her seventies. The constant news coverage about the Covid-19 virus has caused Lillian to have anxiety and fear because she has issues with her heart. Forced to isolate herself from face-to-face social interactions with others, also caused a sense of fear, nervousness, and anxiety. Lillian struggled with her trust in God, giving way to self-pity, anger, blaming God for her current circumstances.

Lillian realized that she needed to turn her worry to something more constructive—reading her Bible, giving God thanks and praying. The Scriptures eased Lillian's worries and nervousness. She was able to replace her anxiety with peace, as she was reminded of God's love for her. Lillian was inspired to comfort others through texts, emails, phone calls, and sharing her devotionals to remind them to trust God in everyday life.

As she thinks back on how she stressed she was, Lillian admits that was a frightening time for her. She has since confronted her fears and anxieties, grown in her trust of the Lord, and anchored her life in God's Word. The more Lillian trusted God, the closer she moved to a place of peace and contentment. Lillian invited others to listen and read the words of the Scripture that she found especially comforting: *Do not worry . . . 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.* (Matthew 6:28-33, NIV).

## Discussion Questions:

1. Locate and share two Scripture verses to encourage someone in a difficult situation to trust God instead of worrying.
2. Discuss how, like Lillian, you moved through a difficult situation/time by faith.
3. In hindsight, what did you discover that God was teaching you in a "worrying" situation?