

## God Time – Cure for Anxiety

These scriptures are selected to help you gain a deeper understanding of who Jesus is. They are intentionally designed for you to engage in your time alone with God. You will find them complementary to the teachings on the weekend (gatherings) and to the LIFE Group materials.

Some tips:

Use a Bible that is easy to read. The ESV or The NLT are both good translations.

Use a prayer journal. After you read the passages jot down what “jumped out” at you while reading. Then take a few minutes to write a prayer response to what you have read.

There are only five days of reading provided so if you miss a day you have time to catch up. Do not get legalistic! If you miss a day or even a week...God still loves you!

Monday: Isaiah 35:4

Tuesday: 1 Peter 5:6-8

Wednesday: James 4:5-7

Thursday: Psalm 23:1-6

Friday: 1 John 4:18

## Diving Deeper

Summer With Jesus – Cure for Anxiety – Matthew 6:19-24

### 1. Matthew 6.19.24. who can summarize this passage in a sentence?

Freedom from anxiety, which arises from trust in God, comprises the theme of vv. 19–24. The new way of life demands the abandonment of commitment to earthly treasures (vv. 19–24). The only true treasures are heavenly ones (vv. 19, 20). Citizens of the kingdom must be single-minded in devotion to God (vv. 22–24). Anxiety denotes impoverishment of faith and is alleviated when ambition is directed toward God’s kingdom and righteousness, since God can be trusted to provide the necessities of life (vv. 25–34). By seeking the kingdom of God above all else, one carries on the struggle for existence in the proper way (v. 33; cf. Luke 12:15–21). Hence, freedom from worry, which is born of sincere faith in God’s overruling providence, marks kingdom citizens. Based on singleness of devotion (a single treasure, vv. 19–21; a single vision, vv. 22, 23; a single master, v. 24), the believer enjoys complete

confidence in God's providence, which frees him from anxiety. — W. A. Criswell et al., eds., *Believer's Study Bible, electronic ed.* (Nashville: Thomas Nelson, 1991), Mt 6:19.

## **2. What pain comes to those who set as their life goal to store up treasures on earth?**

The most powerful life is the simplest life. The most powerful life is the life that knows where it's going, that knows where the source of strength is, and the life that stays free of clutter and happenstance and hurriedness.

Being busy is not a sin. Jesus was busy. Paul was busy. Peter was busy. Nothing of significance is achieved without effort and hard work and weariness. Being busy, in and of itself, is not a sin. But being busy in an endless pursuit of things that leave us empty and hollow and broken inside—that cannot be pleasing to God.

One source of man's weariness is the pursuit of things that can never satisfy; but which one of us has not been caught up in that pursuit at some time in our life? Our passions, possessions, and pride—these are all dead things. When we try to get life out of dead things, the result is only weariness and dissatisfaction. — *Walking with the Savior* / Max Lucado and Terri A. Gibbs, s (Nashville, TN: J. Countryman, 2000), 272.

## **3. What does it mean to store up treasures in Heaven?**

To lay up ... treasures in heaven is just the opposite (v. 20). Instead of viewing money as the source of provision, you see God as the source. Instead of getting things—food, clothing, houses, cars, etc.—because you are worried about not having what you need, you selflessly love others with the things you have. You get to give. You beat money into submission. You sit money down and say to it, thank you for coming today. Listen, I just wanted to make sure the rules are clear. You shall serve me, not I you! Jesus says, think about others first when you think about your money. Think about how you can help others rather than what can I get with what I have. — Douglas Sean O'Donnell, *Matthew: All Authority in Heaven and on Earth*, ed. R. Kent Hughes, *Preaching the Word* (Wheaton, IL: Crossway, 2013), 176–177.

## **4. Verse 22. What does it mean that the eye is the lamp of the body?**

THE idea behind this passage is one of childlike simplicity. The eye is regarded as the window by which the light gets into the whole body. The state of a window decides what light gets into a room. If the window is clear, clean and undistorted, the light will come flooding into the room and will illuminate every corner of it. If the glass of the window is colored or frosted, distorted, dirty or obscure, the light will be hindered and the room will not be lit up.

The amount of light which gets into any room depends on the state of the window through which it has to pass. So, says Jesus, the light which gets into any individual's heart and soul

and being depends on the spiritual state of the eye through which it has to pass, for the eye is the window of the whole body. — William Barclay, *The Gospel of Matthew, Third Ed., The New Daily Study Bible* (Edinburgh: Saint Andrew Press, 2001), 280–281.

**5. We always want to read the Bible for application. What is the application of this teaching on good eyes?**

How you look at life can make all the difference. Jesus certainly taught that. In Matthew 6:19–21, He told the disciples not to pursue earthly treasures because they're so fleeting. He then went on to inform them that they can't serve both God and money. Besides, since God is their Father and He promises to take care of them, there's really no reason for them to worry about money or their life or anything else. The key is having "good eyes" with which to see the truth of His teaching and believe it. Make sure you're seeing life the way God sees it. Make sure you're allowing the light of His Word to shine into your life. — Walk Thru The Bible, *Stand Firm Day by Day: Let Nothing Move You* (Nashville: B&H, 2013).