

# It's not me. It's You.

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Pastor Sam Stuckey



## 1. Worry robs us from being in the \_\_\_\_\_.

*"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 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. Are you not much more valuable than they?" Matthew 6:25-26 NIV=New International Version*

## 2. Worry is \_\_\_\_\_ to change any outcome.

*"Can any one of you by worrying add a single hour to your life?" Matthew 6:27 NIV*

*"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you." 1st Peter 5:6-7 NIV*

## 3. Worry \_\_\_\_\_ the truth that God does not ignore those \_\_\_\_\_ on Him.

*"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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—you of little faith?" Matthew 6:28-30 NIV*

## 4. Worry keeps us in a \_\_\_\_\_.

*"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:33-34 NIV*

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**Discussion Questions:**

1. There are some powerful things that happen when we name our biggest worries. Take a risk and share a few of your own. What do you think Jesus worried about? Did he worry?
2. Talk through the difference between worry and concern. What is the difference? Do you think Jesus is telling us not to plan our lives out in these verses?
3. What does seeking the kingdom of God look like to you? Reread verses 33 and 34 if you need to. Do you find it easy or difficult to do that? Why do followers of Jesus struggle with these things?
4. There is a phrase that is often repeated in recovery circles. "Take it one day at a time." Process that phrase together. What did Jesus mean when he said, "Each day has enough trouble of its own."

