

## MATTHEW 6:25-34 WEEK 3

This week our theme within this great passage is

*“Jesus’ Questions”*

Throughout these verses, Jesus asked many questions of us in regards to being anxious. The exercises listed below will allow you to engage with His questions and discover a deeper sense of His peace in your soul.

**ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS) IN THE FOLLOWING EXERCISES THIS WEEK**



### 1. Same but Different - Look up Matthew 6:25-34 in at least two or more different Bible translations.

You can use hard copy Bibles or view varied translations at [www.biblegateway.com](http://www.biblegateway.com). At this site, simply type in Matthew 6:25-34 on the search bar, choose from the many different versions, and then press enter. Make note of:

- The similarities you find
- The differences you find
- Anything you see which increases your understanding of God’s Word in this passage

### 2. Memorize Matthew 6:25

Make sure to review Matthew 6:26 and Matthew 6:33 that you have already memorized as well.

\*Tips for memorizing Scripture are available on our website under Women’s Ministry/Resources/Memorization Projects

### 3. Find and Answer - Throughout these verses, Jesus asked 5 questions...

- Search through the verses to find His questions and write them down
- Then, using your journal, answer His questions. Your answers should include more than a simple “yes” or “no”

### 4. More Soul Pikes

As we consider Jesus’ questions, additional ones naturally follow that we should ask ourselves. So, ponder answers to these follow up questions beside each of His questions listed below. This exercise will help us pike our souls upward!

- *“Is not life more than food and the body more than clothing?”* ... What is life?
- *“Are you not worth much more than they?”* ... What is my worth to God?
- *“Which of you by being anxious can add a single cubit to his life span?”* ... What am I trying to add by worrying?
- *“Why are you anxious about clothing?”* ... What part of my appearance do I worry about the most and why?
- *“Will He not much more do so for you O men of little faith?”* ... What is the “much more” I would like for Him to do for me? Have I asked Him to do it? Does Jesus view my faith as little or big?

### 5. Freedom Stretches – Take time to stretch your soul in the direction of freedom that Jesus is trying to take you...

In a physical Pilates practice, a wise instructor encourages movement in every plane of direction during a workout. One of the most challenging is lateral movement. Most people would like to have strong obliques, but without consistent training, our lateral movement remains weak. And... so it is with freedom. Most of us would like to live fully free but we find it quite challenging. So, let’s stretch toward freedom. Behind Jesus’ instructions and questions in this passage is His heart to free us from worry and anxiousness. Look again at His 5 questions... stretching your thoughts to consider how your life would be much more fully free if you:

- Lived as though life were more than food and clothing...
- Understood your worth...
- Leaned into His work and His plan for making your life beautiful...
- Increased your faith to believe Him more...

### 6. Pray

Use the Scripture Prayer Image shared this week to pray into the questions Jesus asked us in this passage.



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