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"I have a new philosophy. I only dread one day at a time." ~Charlie Brown

- 1) What makes you anxious? What do you think of Jesus' command to not worry about your life in light of how anxious everyone is? Is it possible?
- 2) Read Matthew 6:24-34. Define anxiety in your own words, as Jesus describes it.
- 3) What causes anxiety? (6:25, 27) Are we sinning when we worry?
- 4) How does faith, according to Jesus, address our worry? What is faith supposed to do? Can you address your worry and anxiety without the doctrine of God's providence?

Heidelberg Catechism: God's providence is his almighty and ever present power, whereby, as with his hand, he still upholds heaven and earth and all creatures, and so governs them that leaf and blade, rain and drought, fruitful and barren years, food and drink, health and sickness, riches and poverty, indeed, all things, come to us not by chance but by his fatherly hand.

Westminster Larger Catechism #18: God's works of providence are his most holy, wise and powerful preserving and governing all his creatures; ordering them, and all their actions, to his own glory.

- 5) Consider Jesus. How did God's Fatherly provision and providence free him from worry? When do you see Jesus stressed?
- 6) What does the comfort of God's provision and providence free us up to do? (6:33-34)

Take time to pray to look at the birds and think about providence as a guide for your prayers.

