

“How Can I Get Perspective?”

Bible Discussions in Times of Crisis

The Bible has a great deal to say regarding worry and anxiety, concern for how our needs will be met, and stability in chaotic times. In fact, Jesus addresses the topic of anxiety head-on in a section of the book of Matthew that is often called “The Sermon on the Mount.” In this message to his followers, Jesus shows us how to put worries, anxieties and cares in perspective.

Several hundred years before Jesus, the prophet Isaiah proclaims another powerful message and a promise that shows where to turn in challenging times. In any circumstance, knowing the one in charge makes all the difference.

Icebreaker: What’s the most dangerous situation you’ve ever been in?

Matthew 6:25-34

- ²⁵ “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? ²⁶ Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? ²⁷ Can all your worries add a single moment to your life?
- ²⁸ “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, ²⁹ yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰ And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?
- ³¹ “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.
- ³⁴ “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

Read Matthew 6:25-34

1. What does Jesus say we should not worry about?
2. What do you think he means when he says, **“Isn’t life more than food, and your body more than clothing?”**
3. Jesus gives several reasons why his followers should resist anxiety and worry. Which of these reasons stands out to you personally, and why?
4. What theme is repeated throughout verses 26-32?
5. How can Jesus’ promise in verses 33-34 help you face a crisis?

Isaiah 40:28-31

- ²⁸ Have you never heard?
Have you never understood?
The Lord is the everlasting God,
the Creator of all the earth.
He never grows weak or weary.
No one can measure the depths of his
understanding.
- ²⁹ He gives power to the weak
and strength to the powerless.
- ³⁰ Even youths will become weak and tired,
and young men will fall in exhaustion.
- ³¹ But those who trust in the Lord will find
new strength.
They will soar high on wings like eagles.
They will run and not grow weary.
They will walk and not faint.

Read Isaiah 40:28-31

6. What attributes of God are listed in these verses?
7. What does God do for people according to these verses?
8. What is required in order to experience God's power?
9. What connections do you see between this section from Isaiah and Jesus' words in the Matthew 6 section?

Prayer

Close by sharing prayer requests and then

praying for each other, "God, please
help _____."

Then read this prayer together. (If meeting online, have one person read the prayer out loud.)

God, in the middle of difficult times, help me to remember how important I am in your eyes, and that as you care for the birds and the flowers, you care even more for me. Show me how to trust you and experience the power, strength and endurance I read about in Isaiah. Please increase my strength and give me hope as I trust you. Amen.