

RCMI L-Path Teaching

December 12, 2021

Series: The Master Giver

Title: Give God your worry, He'll give you His peace (**Ibigay sa Diyos ang iyong pag-aalala, ibibigay Niya sa iyo ang Kanyang kapayapaan**)

Text: Matthew 6:25-34 (Amplified Bible)

The Cure for Anxiety

²⁵ “Therefore I tell you, stop being worried *or* anxious (perpetually uneasy, distracted) about your life, as to what you will eat or what you will drink; nor about your body, as to what you will wear. Is life not more than food, and the body more than clothing? ²⁶ Look at the birds of the air; they neither sow [seed] nor reap [the harvest] nor gather [the crops] into barns, and yet your heavenly Father keeps feeding them. Are you not worth much more than they? ²⁷ And who of you by worrying can add one ^[a]hour to [the length of] his life? ²⁸ And why are you worried about clothes? See how the lilies *and* wildflowers of the field grow; they do not labor nor do they spin [wool to make clothing], ²⁹ yet I say to you that not even Solomon in all his glory *and* splendor dressed himself like one of these. ³⁰ But if God so clothes the grass of the field, which is alive *and* green today and tomorrow is [cut and] thrown [as fuel] into the furnace, *will He* not much more *clothe* you? You of little faith! ³¹ Therefore do not worry *or* be anxious (perpetually uneasy, distracted), saying, ‘What are we going to eat?’ or ‘What are we going to drink?’ or ‘What are we going to wear?’ ³² For the [pagan] Gentiles eagerly seek all these things; [but do not worry,] for your heavenly Father knows that you need them. ³³ But first *and* most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also.

³⁴ “So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.

3 Ways To Deal With Our Worries (**Tatlong Paraan Upang Harapin Ang Ating Mga Alalahanin**)

1. We Must Analyze the Cause of Worry (**Dapat Nating Suriin ang Dahilan ng Pag-aalala**) – v. 25

²⁵ “Therefore I tell you, stop being worried *or* anxious (perpetually uneasy, distracted) about your **life**, as to what you will eat or what you will drink; nor about your body, as to what you will wear. Is life not more than food, and the body more than clothing?

When He uses the word “life,” in the original Greek word it’s *psuchē*.

It simply means “your breath.” – v. 25 (Kapag ginamit Niya ang salitang "buhay," sa orihinal na salitang Griyego ito ay psuchē. Nangangahulugan lamang ito ng "iyong hininga.")

2. We Must Avoid the Curse of Worry (Dapat Nating Iwasan ang Sumpa ng Pag-aalala) - v.27, 31-32

²⁷ And who of you by worrying can add one ^[a]hour to [the length of] his life?

³¹ Therefore do not worry *or* be anxious (perpetually uneasy, distracted), saying, ‘What are we going to eat?’ or ‘What are we going to drink?’ or ‘What are we going to wear?’

³² For the [pagan] Gentiles eagerly seek all these things;

Colossians 3:1-4

Since, then, you have been raised with Christ, **set your hearts on things above**, where Christ is, seated at the right hand of God. ² **Set your minds on things above**, not on earthly things. ³ For you died, and **your life is now hidden with Christ in God**. ⁴ When Christ, **who is your^[a] life**, appears, then you also will appear with him in glory.

3. We Must Apply the Cure for Worry (Dapat nating ilapat ang lunas para sa pag-aalala) – vv.31-34

³¹ Therefore do not worry *or* be anxious (perpetually uneasy, distracted), saying, ‘What are we going to eat?’ or ‘What are we going to drink?’ or ‘What are we going to wear?’ ³² For the [pagan] Gentiles eagerly seek all these things; [but do not worry,] for your heavenly Father knows that you need them. ³³ But first *and* most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also.

³⁴ “So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.

A. God is your Father, and God takes care of those who are His own. (Ang Diyos ang iyong Ama, at pinangangalagaan ng Diyos ang mga pag-aari Niya.)

²⁶ Look at the birds of the air; they neither sow [seed] nor reap [the harvest] nor gather [the crops] into barns, and yet **your heavenly Father** keeps feeding them. Are you not worth much more than they?

v. 32 “Your heavenly Father knows that you need all these things.”

v. 33 “And all these things will be added to you.”

God does care; God does know; God does provide. (Ang Diyos ay nagmamalasakit; Alam ng Diyos; Ang Diyos ang nagbibigay.)

B. Seek first the kingdom of God and His Righteousness (Hanapin muna ang kaharian ng Diyos at ang Kanyang Katuwiran) - v. 33

Isaiah 32:17

¹⁷ The fruit of that righteousness will be peace;
its effect will be quietness and confidence forever.

C. Do not worry about tomorrow (Huwag mag-alala tungkol sa bukas) - v. 34

³⁴ "So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.

"God wants us to remember the past, plan for the future, but live in the present."

"Nais ng Diyos na alalahanin natin ang nakaraan, magplano para sa hinaharap, ngunit mabuhay sa kasalukuyan."

For Discussion:

1. What are the things you worry about? (Anu-ano ang mga bagay na iyong pinag-aalala?)
2. Look for a bible verse to combat your worries. (Humanap ng Salita ng Diyos na magiging panlaban mo sa iyong pag-aalala)
3. Resolve to make an action to exchange your worries with God's peace. (What actions will you do for it?) discuss with the group. Magpasya na gumawa ng isang aksyon upang ipagpalit ang iyong mga alalahanin sa kapayapaan ng Diyos. (Anong mga aksyon ang gagawin mo para dito?) talakayin sa grupo.