

All Will Be Well

Anxiety is on the rise, and its causes are numerous. When we look at Scripture, it's clear that other people and cultures struggled with anxiety too. So is this just the way it is? Or can God help us unwind our anxiety and experience Him in the middle of it?



INTRODUCTION

Pastor Paul read from the Sermon on the Mount and gave us personal examples of how God provided for him. He talked about the negative effects that worry and anxiety can give us.

STARTER QUESTION

Although you may not have realized it at the time, what is an example of something that God provided for you?

INTO THE WORD

1. The Sermon on the Mount is Jesus' longest sermon and is told in Matthew chapters 5-7. Pastor Paul said that it was unlike anything the crowd had heard. What made it different? How is it different than sermons you might hear in today's churches, other than the fact it was given by Jesus?
2. Modern translations of Matthew 6:27 quote Jesus as saying, "Can any one of you by worrying add a single hour to your life?" (NIV). In the King James version, this verse is quoted as "Which of you by taking thought can add one cubit unto his stature?" Do both translations mean the same thing?
3. Pastor Paul quoted Julian of Norwich: "All shall be well, and all shall be well and all manner of thing shall be well." Pastor Paul grabbed this message because it fits the message of our not having anxiety. He thinks God is telling us to relax or be at peace because everything will be well. Can you think of Bible verses that remind us not to worry because everything will go well for us? Refer to Psalm 23, Psalm 91, Psalm 121, and Psalm 139:2-4 for examples.

APPLICATION

4. Matthew 6:25-34 reminds us that God has us covered in all areas (food, clothing, etc.). It assures us that God already knows everything that we need and that we don't need to worry because he has us covered. What can we do to remind ourselves of this when we begin to worry about things over which we have no control?
5. Pastor Paul talked about how the Bible shows that God provides for His people and that our experience is that God supplies what we need. Even though we know this, what are some reasons that we fail to trust that God will supply what we need? Why do you think that it is so easy for us to get caught up in what we don't have or worry about our lives?
6. What are some ways that we can remind ourselves of God's past provision when we become anxious?

PRAYER

Lord, please forgive us when we forget that You are the Provider of all. We know that You will provide what we need. We've seen You do that over and over. I ask You, Lord, in our times of stress and worry, cast that reminder on us. Thank you, Lord for Pastor Paul and his message. It was relevant to all of us. Let us remember it as we go through our days and in our times of struggle when we start to get anxious. Let us remember the words of Jesus during the Sermon on the Mount. We don't need to worry because we are Your children, and You are always with us. Amen.

Suggested Answers / More Food for Thought:

Question 2) A cubit is a unit of measurement that would be about the length of an elbow to the end of the middle finger on a person.

From Bible Hub:

[Ellicott's Commentary for English Readers](#)

(27) **One cubit unto his stature.**--The Greek for the last word admits either this meaning (as in [Luke 19:3](#), and perhaps [Luke 2:52](#)) or that of age (as in [John 9:21](#); [John 9:23](#), and [Hebrews 11:24](#)). Either gives an adequate sense to the passage. No anxiety will alter our bodily height, and the other conditions of our life are as fixed by God's laws as that is, as little therefore dependent upon our volition; neither will that anxiety add to the length of life which God has appointed for us. Of the two meanings, however, the last best satisfies the teaching of the context. Men are not anxious about adding to their stature. They are often anxious about prolonging their life. Admit the thought that our days are but "as a span long" ([Psalm 39:5](#)), and then the addition of a cubit becomes a natural metaphor. It is to be noted that in the parallel passage in St. Luke ([Luke 12:26](#)) this appears as "that which is least," and which yet lies beyond our power.

Question 3)

Isaiah 54:17 "No weapon formed against you shall prosper..."

Hebrews 11:1 "Faith is confidence in what we hope for and assurance about what we do not see."

1 Peter 5:7 "Cast all your anxiety on him because he cares for you."

Hebrews 13:5 "Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

Jeremiah 29:11 "For I know the plans I have for you; declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Question 4) We can pray. We can read scriptures to remind us that we have nothing to fear, etc. We can have faith that God will handle any situation (Read Hebrews 11:1).. "Our faith grows stronger as our trust goes deeper", Pastor Paul said. So, as we're worrying we're not trusting God to handle whatever it is we're going through. We're keeping our faith "little" when we worry. Also, Pastor Paul reminded us during today's sermon that we can do the following: Focus on what's eternal, focus on God's Kingdom and focus on today.

Question 5) An article entitled "10 Reasons We Don't Trust God" that was published in Outreach Magazine (<https://outreachmagazine.com/features/16810-the-top-10-reasons-we-dont-trust-god.html>) lists several reasons, two of which especially put up barriers to our trust in God. One major reason we fail to trust God is because of past betrayals by others in our lives and the other is due to a distorted image of God. We allow the way we think about God to be colored by the way others have treated us and a distorted picture of who he is. Instead, we should turn to passages like Psalm 121 and Psalm 91 to see what God says about Himself.

Question 6) One important way we can remind ourselves is to physically write out times when God has provided for us in the past as well as keep a record of when God provides for us going forward. In an article entitled "3 Steps to Remind Yourself of God's Faithfulness" published by Proverbs 31 Ministries (<https://proverbs31.org/read/devotions/full-post/2017/09/12/3-steps-to-remind-yourself-of-gods-faithfulness>), a suggestion is given which I think is helpful. It suggested that we first write out the date and what is happening to cause us to be fearful. Second, write out one Bible verse or more, such as Psalm 119:90, to give you hope. Lastly, leave the third step blank. Trust that God will answer your prayer in his time. When he does answer it or provide for you, come back and write down what God did for us so that we can be reminded in the future.