

# REFUEL

→→BIBLE STUDY VOL.2



The purpose of this Refuel video series is to take what Doug talked about and think about it more deeply as well as discuss it with others. There are several ways to do this: (1) small group questions, (2) a Bible study, or (3) discussion questions in the Refuel book. This is #2, a Bible study that you can use in your group or for individual study.

## →→ GETTING STARTED

- 1) Find a time and place where you can be free of distractions. Make every attempt to disconnect from the world.
- 2) Begin your time with prayer: ask God to quiet your heart so you may hear what he has to say through His Word.
- 3) Read this Scripture at least three times...at least once out loud.
- 4) Circle the words or phrases that seem unclear.
- 5) Underline the words or phrases that are especially meaningful to you.

## →→ SCRIPTURE MATTHEW 6:25-34 (NIV)

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

Who of you by worrying can add a single hour to his life? "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown

into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

## →→ CONTEXT OF SCRIPTURE

Jesus always taught with authority; he spoke the truth in a way that was understandable and memorable. Chapters 5-7 in the Matthew's Gospel contain some of Jesus' most well known words. Many consider the "sermon on the mount" to be the core of Jesus' teachings.

Chapter 6 begins with Jesus teaching on giving, praying, and fasting and doing so without drawing attention from others. This results in heavenly rewards. Following this, Jesus teaches us about the folly of worry. See Matthew 6:25ff

## →→ WHAT'S IN A WORD?

**Solomon** was the third king of Israel (after Saul and David). He was known for his great riches, incredible wisdom, and for building

a beautiful temple for God. His reign was considered the golden age for ancient Israel; an unparalleled time of prosperity and growth.

## →→ DIGGING DEEPER

Work through the following questions at your own pace. You don't have to answer all of them, and you can even think of your own questions as you read/re-read the text.

1. Why do you think Jesus say that life is more important than food, when it's impossible to live without food? How might this passage help answer this question?
2. What are a few things you worry about the most?
3. What motivates you to worry? What is it that you hope to accomplish and achieve through your worry?
4. What is the connection between faith and worry? How does this Scripture support your answer?
5. What's the difference between worry and legitimate concern?
6. If worry helps you see your real priorities. What does it mean for you to seek first the kingdom of God?
7. What connection can you make between Doug's video and this Scripture passage?

## →→ WHAT'S NEXT FOR ME?

Based on your study of this passage, how is your life going to be different? Be as specific as possible!

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If you have time, flip this sheet over and rewrite the passage in your own words.