connect 360

Kingdom Power

The Sermon on the Mount

A Study of Matthew 5–7

Finding Peace in a World of Worry

Matthew 6:25-34





November 8, 2026

Bible Study Prayer

Father, as we turn to the Bible,
What we know not - teach us,
What we have not - give us,
What we are not - make us,
For your Son's sake,
Amen.

Finding Peace in a World of Worry - Matthew 6:25-34

Lesson Overview

The Essence of Life

The Essence of Anxiety

Undivided Focus on Jesus

Greek Life

ζωή (zoe)	Life itself, living existence, biological & spiritual vitality
βίος (bios)	Course of life, manner of living, livelihood
ψυχή (psyche)	Soul, mind, conscious self, breath of life

Greek Life

ζωή (zoe)	Life itself, living existence, biological & spiritual vitality
βίος (bios)	Course of life, manner of living, livelihood
ψυχή (psyche)	Soul, mind, conscious self, breath of life

Do not be worried about your **life**, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not **life** more than food, and the body more than clothing? (Matthew 6:25 - LSB)

Which Greek word is translated “life” in this verse?

Greek Worry / Anxiety

The Attack of the Cognates

μεριμνάω (merimnao) To be anxious, to worry, to care for, to be distracted

μερίζω (merizo) divide or split in parts

μέρος (meros) a part or portion

All 3 come from the ancient root mer (or smer) which means to be mindful of or to remember.

The last 2 merged over time to become more like the 1st

Greek Worry / Anxiety

The Attack of the Cognates

English example of cognates and their relationships

Latin root tendere - "to stretch"

Tension: A state of being stretched tight or strained.
Tend: To lean or stretch toward a particular direction or duty.
Attention: Stretching your mind toward one specific object or thought.
*Distract: (From Latin dis- + trahere) Literally "to pull in opposite directions."

When someone suffers from anxiety, their attention is broken because their mind is pulled by competing tensions.

*Similar to the Greek concept of mental division expressed in the Greek term *merimnao*.

Greek Worry / Anxiety

The Attack of the Cognates

μεριμνάω (merimnao)

drawn in opposite directions; divided into parts, to “go to pieces,” pulled apart, “like the force exerted by sinful anxiety” (worry); "an old verb for worry and anxiety – literally, to be divided, distracted."

(A. T. Robertson - Word Pictures in the New Testament, 2, 156)

Worry / Anxiety

The Word of God

Luke 10:40-41(LSB) - [40]But Martha was distracted (*perispao*) with all her preparations; she came up to Him and said, "Lord, do You not care that my sister has left me to do all the preparations alone? Then tell her to help me." [41]But the Lord answered and said to her, "Martha, Martha, you are worried (*merimnao*) and bothered about so many things."

1 Peter 5:7(LSB) - [7]Cast all your cares (merimnao) upon Him, because He cares for you.

Psalm 55:22(LSB) - [22]Cast your cares (*merimnao in the Septuagint*) on the Lord and He will sustain you; He will never let the righteous be shaken.

Psalm 37:25(LSB) - 25I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread.

Worry / Anxiety

The Word of God

Worry is when your mind is torn apart, divided, and pulled in different directions by a situation or circumstance or thoughts that don't align with your expectations. Lack of information, poor information,past experiences that have shaped your thinking processes, and a host of other variables cause your brain to kick into overdrive trying to make sense of the nonsense or, at the very minimum, look for the best path to mental and emotional peace and safety.

Worry / Anxiety

The Word of God

Worry is when your mind is torn apart, divided, and pulled in different directions by a situation or circumstance or thoughts that don't align with your expectations. Lack of information, poor information,past experiences that have shaped your thinking processes, and a host of other variables cause your brain to kick into overdrive trying to make sense of the nonsense or, at the very minimum, look for the best path to mental and emotional peace and safety.

However,

Peace is NOT the ultimate result of worry.

Worry / Anxiety

The Word of God

Philippians 4:6-7(LSB) - [6]Be anxious (*merimnao*) for nothing, but in everything by prayer and petition with thanksgiving let your requests be made known to God. [7]And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

**Isaiah 26:3(ESB) - [3]You will keep him in perfect peace,
whose mind is stayed on you,
because he trusts in you.**

Worry / Anxiety

The Word of God

Matthew 6:33-34 (LSB)

33 But seek first His kingdom and His righteousness,
and all these things will be added to you.
34 So do not worry about tomorrow; for tomorrow will
worry about itself.
Each day has enough trouble of its own.

Worry / Anxiety

The Word of God

Matthew 6:33-34

[33]But seek first His kingdom and His righteousness, and all these things will be added to you.
[34]Do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.

First of all, focus your full and undivided attention on Jesus and His Kingdom through His righteousness and all of the things that might distract you will no longer be your concern, but God's and He will provide the things you need.

Don't be distracted by the things that are looming large on your horizon. They may or may not come, but that's not your concern because you're not staring at them – you're eyes are focused on Jesus, the author and finisher of your faith, and He will provide all you need today AND tomorrow.

(BYEV)

Next Week!

Agape Life Bible Study

A Good Judge of Character

Matthew 7:1-6; 15-20

November 15, 2026