



Day 1

 Please pray for holy guidance and insight before you begin today’s study.

Your Attitude When Fasting

6:16 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full.

Q1. *When you fast*: What is fasting?


 Fasting: “Fasting, abstaining from food for a set period, was required by the law of Moses only once a year on the Day of Atonement ([Leviticus 23:26–32](#)). Over time, the Pharisees and other religious leaders had added many more days of fasting. Fasting was intended to be an act of worship before God, a time set aside for honoring Him, bringing special requests, or focusing on prayer.” [© Copyright 2002-2026 Got Questions Ministries. All rights reserved. <https://www.bibleref.com/Matthew/3/Matthew-3-3.html>, accessed: 03/20/2026.]

Q2. *When you fast*: ① Should we, who believe, fast? ② If yes, when? ③ If yes, how often?

① Should we fast? Yes? No? (Why did you circle that answer?)

② When?

③ How often?

 “The word ‘fast’ literally signifies to abstain from food and drink, whether from necessity or as a religious observance. It is, however, commonly applied in the Bible to the latter. It is, then, an expression of grief or sorrow.

“Such is the constitution of the body, that in a time of grief or sorrow we are not disposed to eat; or, we have no appetite. The grief of the ‘soul’ is so absorbing as to destroy the natural appetites of the ‘body.’ People in deep affliction eat little, and often pine away and fall into sickness, because the body refuses, on account of the deep sorrow of the mind, to discharge the functions of health.


“ ‘Fasting, then, is the natural expression of grief.’ It is not arbitrary; it is what every person in sorrow naturally does. This is the foundation of its being applied to religion as a sacred rite. It is because the soul, when oppressed and burdened by a sense of sin, is so filled with grief that the body refuses food. It is, therefore, appropriate to scenes of penitence, of godly sorrow, of suffering, and to those facts connected with religion which are suited to produce grief, as the prevalence of iniquity, or some dark impending calamity, or storm, or tempest, pestilence, plague, or famine.

“It is also useful to humble us, to bring us to reflection, to direct the thoughts away from the allurements of

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this world to the bliss of a better. It is not acceptable except it be the ‘real expression’, of sorrow; the natural effect of the feeling that we are burdened with crime.” [©1834, *Notes on the Bible* by Albert Barnes. <https://biblehub.com/commentaries/matthew/6-16.htm>, accessed: 03/23/2026.]

Q3. *Hypocrites . . . have received their reward in full*: Why did Jesus say that they have already received their reward?


 “The Old Testament commands to fast can be translated with the words ‘afflict yourself’ ([Numbers 29:7](#)). In Jesus' era, it seems some religious leaders made a point to do this very publicly. The group known as the Pharisees had a reputation as the most strictly religious people in Israel. They were intensely proud of that status. Scholars suggest the Pharisees fasted two days every week [[Luke 18:12](#)]. Jesus says in this verse they disfigured their faces in some way and looked ‘gloomy’ to make sure that everyone who saw them knew they were fasting.

“This quest for publicity worked. People saw them, understood they were fasting yet again, and gave them credit for being highly devout. Jesus says here that human approval is the only reward attention-seekers will receive for their fasting. Since their effort was not about God, God will not respond or reward them for it. God said the same to their ancestors about fasting with no real heart change ([Zechariah 7:5–6](#); [Matthew 5:20](#); [6:16–18](#)).” [© Copyright 2002-2026 Got Questions Ministries. All rights reserved. <https://www.bibleref.com/Matthew/6/Matthew-6-16.html>, accessed: 03/23/2026.]

¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Q4. (Verse 17) What does this verse imply? That I look normal – like everyone else? Or that I put on a special fasting face?

Normal? Special fasting face?

 Jesus continues to emphasize “motive”. Is my motive to look important or pious before others? Or is my motive purer in that I want to honor my Lord? Jesus says that the Jewish religious leaders, especially the Pharisees made a show of their supposed piety by marking their bodies/clothing with specific signs that indicated they were fasting. Their motive seemed to be public acclamation – “he’s very pious, well done!” Perhaps, at one time there was a motive to honor God, but it became less and less important as they sought the approval and praise of men and women.

God examines a person’s motives. The Jewish religious leaders sought the admiration of others. Jesus emphasizes that we are to seek God’s approval and praise by praying and fasting secretly.

Jesus is not condemning congregational or group prayers with other Believers, because that would contradict His teaching ([Matthew 18:19-20](#)). He condemns the actions of the person whose motive is seeking the approval of others through pious-sounding prayers or an appearance of woe-is-me-I’m-fasting ([Isaiah 6:5a](#)). Jesus teaches that we are to honor Him, by ourselves, in secret.

How often should we fast? That is a good question. This commentator believes that it is an individual Believer’s decision based on promptings from the Holy Spirit. Some Believers may feel led to fast once-a-week; others, never. Some may fast as their way to honor God; others after a particularly egregious sin-failure; and others to prepare for a heartrending prayer-request. The decision to fast must be covered in prayers that seek direction from God through the Holy Spirit.


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Do not let other Believers tell you that God wants you to fast (and when to fast); fasting is not governed by a formula or legalism or a church-rule. It is governed by you wanting to honor God or to seek God's mercy, while honoring the promptings of the Holy Spirit. You know Scripture. You pray. You seek God's wisdom. Follow the promptings of the Holy Spirit that have been placed in your thoughts, feelings, and upon your heart and soul.

This commentator never dreams. One night I had several short, vivid dreams that I actually remembered. The next afternoon I was studying John 16 (using a Bible in book form). Suddenly, [verse 13](#) stood-out as if the book publisher had bolded that specific verse. I understood then through the bolding of that specific verse that my dreams were from the Holy Spirit and were not a Satan-induced counterfeit. The point of this story is that the Godhead will use various ways to prompt us. For me it was a vivid dream; other times he might use another person – our spouse or child, for example. We must be willing to accept various forms of communication as He imparts His wisdom – above all we must filter those messages through the [pages of Scripture](#), so that we know the message is from the Lord!

Fasting is a willingness to give up something to honor the Lord. However, God does not want you to hurt your body through fasting. God wants you to preach, teach, and outreach the Gospel message of Christ Jesus; you cannot do that if your body is malnourished. Now, Satan would like you as a Believer to be hurt because it limits your ministry. If you hurt your body through severe fasting, it demonstrates a devoted fanaticism, but it does nothing to attract nonbelievers to Christ Jesus, and that attraction must be our ultimate goal in obedience to Jesus' teachings.

Day 2

 Please pray for holy guidance and insight before you begin today's study.

Your Heart Follows Your Treasure

¹⁹"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal.

Q5. ***Do not store up for yourselves treasures on earth:*** What do you know of your great, great grandparents? When they died, do you know the balance of their savings account, or the property they owned? What do you know of their hopes and dreams?

Yes? No? (Why did you circle that answer?)

Q6. ***Treasures on earth:*** Are "treasures on earth" permanent or temporary?

Permanent? Or temporary? (Why did you circle that answer?)

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Q7. *Treasures on earth, where moth and rust destroy, and where thieves break in and steal:* Are our earthly treasures really subject to “moth and rust and theft”? What is Paul implying?

Yes? No? (Why did you circle that answer?)

What is Paul implying?

²⁰ But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal.

Q8. *Store up for yourselves treasures in heaven:* Are “treasures in Heaven” permanent or temporary?



“Christ commanded His disciples and followers not to mindlessly stockpile material possessions (Matt 6:19 ↑). Worldly goods can easily be lost to thieves and natural forces. Every treasure — here meaning money and objects — that can be stockpiled on earth is temporary. Having it comes with no guarantee of keeping it; it's not eternally reliable.

“Now Jesus tells His followers to focus instead on stockpiling treasures in heaven. These rewards are eternal. They cannot be lost to moths, rust, thieves, or anything else. In financial terminology, they are a far better investment. Christ's meaning here is not that believers ought to have no possessions, or money, at all. The main theme of the Sermon on the Mount ([Matthew 5:1–2](#)), so far, has been the priority of motivations. Our hearts and our sincerity towards God matter most of all, so having wealth is not a problem until we start to prioritize it over godliness.

“How did Jesus mean for His followers to store up rewards for themselves in heaven? He has spoken a few times in this Sermon on the Mount of acts God will reward. These have included being persecuted for Jesus' sake ([Matthew 5:11–12](#)); giving to the needy in secret ([Matthew 6:4](#)), praying in secret ([Matthew 6:6](#)) and fasting without calling attention to oneself ([Matthew 6:18](#)). In short, God rewards His people when they lead lives of sincere devotion and worship to Him.

“Rewards from God are more than just experiencing His favor in a moment of this life. Jesus has in mind something other than being allowed into heaven, since salvation cannot be earned by “eternal treasures” ([Titus 3:5](#); [Romans 3:28](#); [John 6:28–29](#)). So, what are they? Scripture does not give us an explicit understanding. We know that there ‘are’ rewards, but Scripture doesn't provide any meaningful explanation of what they are. Jesus likely meant His audience to presume that any eternal gift from God would be worth the investment of righteous living on earth.”

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Revelation 14:13 [NIV-1984]

Then I heard a voice from heaven say, "Write: Blessed are the dead who die in the Lord from now on."

"Yes," says the Spirit, "they will rest from their labor, for their deeds will follow them."

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Revelation 20:12-13 [NIV-1984]

[An excerpt from the Great White Throne Judgment]

¹² And I saw the dead, great and small, standing before the throne, and books were opened. Another book was opened, which is the book of life. The dead were judged according to what they had done as recorded in the books. ¹³ The sea gave up the dead that were in it, and death and Hades gave up the dead that were in them, and each person was judged according to what he had done.

²¹ For where your treasure is, there your heart will be also.

Q9. *Where your treasure is:* To what kind of “treasure” is Jesus referring?

Q10. Where your treasure is, there your heart will be also: Why would my heart follow my treasure?



In verse 24 (↓) Jesus declares, “No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money”. Verse 21 (↑) is closely connected to verse 24. Is the Lord Christ Jesus your ‘treasure’? Are your children your ‘treasure’? Is your wife or husband your ‘treasure’? Is your bank account your ‘treasure’? What do you worship? What do you frequently think about? What do you focus on? Your physique? Your co-worker? A big, beautiful boat at the marina? Your lawn? Your next trip? Your next bet? Your next beer?

Your treasure, my treasure, can be most anything. Whatever it may be, it takes our focus off of Jesus and highlights our vice(s). It reveals our motives, which Jesus has been emphasizing throughout the ‘Sermon on the Mount’. What are our true motives?

Satan has perfected his work over the centuries (actually, millennia). While we like to think that we are more sophisticated than our forebears, the motives that drive us are remarkably unchanged. Jealousy led Cain to the murder of Abel ([Genesis 4:8](#)). Lust led to the rape of Jacob’s daughter Dinah ([Genesis 34:2](#)) and the revenge-killing of all the men in the city. Unrestrained greed and fear that led to the enslavement of the Jews ([Exodus 1:11-14](#)). Then, God lists sins committed by the Jews: “They curse. They lie. They kill. They steal. They are guilty of adultery. They break all my laws. One murder follows another.” ([Hosea 4:1-2](#).) My point is this: we do not learn from history. We repeat the same mistakes, the same sins, over-and-over. A new generation → the same sins, over-and-over. Is it hopeless? No. Through Jesus, I see peace. “[Know Jesus, know peace; no Jesus, no peace.](#)” Only through Jesus will the earth see true peace.



Peace on earth ([Matthew 3:16](#))

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²² "The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. ²³ But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

Q11. *The eye is the lamp of the body . . . whole body will be full of light:* How are our eyes a lamp, so that our “*whole body will be full of light*”? (Hint: what can you see in a room at night, with absolutely every light turned-off and all blinds/shades drawn?)

Proverbs 4:18–19 [NIV-1984]

¹⁸ The path of the righteous is like the first gleam of dawn, shining ever brighter till the full light of day. ¹⁹ But the way of the wicked is like deep darkness; they do not know what makes them stumble.

John 1:1-10 [International Children’s Bible (ICB)]

¹ Before the world began, there was the Word [or Christ; God told people about Himself through His Son Christ Jesus]. The Word was with God, and the Word was God. ² He was with God in the beginning. ³ All things were made through him. Nothing was made without him. ⁴ In him there was life. That life was light for the people of the world. ⁵ The Light shines in the darkness. And the darkness has not overpowered [or understood] the Light.

⁶ There was a man named John [the Baptist] who was sent by God. ⁷ He came to tell people about the Light. Through him all people could hear about the Light and believe. ⁸ John was not the Light, but he came to tell people about the Light. ⁹ The true Light was coming into the world. The true Light gives light to all.

¹⁰ The Word was in the world. The world was made through him, but the world did not know him.

Matthew 4:16 [NIV-1984]

the people living in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned."

Matthew 5:14-16 [NIV-1984]

¹⁴ "You are the light of the world. A city on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.

John 8:12 [NIV-1984]


When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

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2 Corinthians 4:6 [NIV-1984]

For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ.

Q12. The eye is the lamp of the body . . . whole body will be full of light: "I'm blind." How can my "whole body . . . be full of light"?


 Jesus is speaking symbolically. "Can we see? Or are we blind?" are not the questions to ask. The question should be: "Do you believe in the Lord Christ Jesus and His redeeming grace?" If yes, then your soul, your spirit, is lighted (or lit) by His Light; if you do not believe in the Redeemer, then you remain blinded by the sins and temporary pleasures of this world. If your soul, your spirit, is lighted (or lit) by Jesus through the Holy Spirit ([Ephesians 1:13-14](#)), then you radiate His light into the world through your faithful demonstrations of mercy, servanthood, and action. In Revelation 22:5, the Apostle John wrote this of Paradise – the New Jerusalem – "There will be no more night. They will not need the light of a lamp or the light of the sun, for the Lord God will give them light. And they will reign for ever and ever."

Q13. (Speculative) ***If then the light within you is darkness:*** If you are a Believer in the saving grace of Christ Jesus and your body dies, what might your soul experience? (Hint: Agapé love?)

Q14. (Speculative) ***If then the light within you is darkness:*** If you are a nonbeliever in the saving grace of Christ Jesus and your body dies, what might your soul experience? (Hint: what might separation from God be like?)

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Day 3

 Please pray for holy guidance and insight before you begin today's study.


²⁴"No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.

Q15. *No one can serve two masters . . . You cannot serve both God and Money:* Does this mean a wealthy person can never be a Believer? Only the poor?

Q16. *No one can serve two masters . . . You cannot serve both God and Money:* If God has blessed a person with wealth, what must that person do? What must the wealthy person guard against?

Do (actions)?

Guard against?

 I know of a man who invested in a small company. Over the decades that company grew, and the small group of investors finally sold it to a much larger corporation. The man became a multi-millionaire overnight. His children were well cared for, as was his mother. Over time he funded the addition of a chapel to the church he attended, but his view of "who is my neighbor [Luke 10:29, 36-37]" remained quite narrow. While he was always conservative with his money, as he aged, he became even more avaricious. He was always right and not open to challenge or debate. It was as if 'his' wealth gave him a special 'rightness' in his personal relations with others, especially those who were poorer – if your opinion did not align with his, then you were wrong.

When his physical container – his body – dies in this world, he will have to answer to Jesus. His motives will be laid-bare. Did he fund the chapel, because he wanted to demonstrate his benevolence or was it a way to buy his way into Heaven ("Jesus, did you see what I did for you!?!")? Did he bask in the accolades he received when the church dedicated the chapel? Did he secretly ease the burdens of the destitute? Did he contribute to causes of exclusion, or inclusion? Did he treat his money as his, or a as blessing from God? Jesus knows his deeds as well as his motives and will judge accordingly.

Christ Jesus has been speaking to all of us about how we demonstrate our faith in Him to the world, and He wants us to always examine our motives. Be kind as Jesus is kind. Love as Jesus loves. Serve as Jesus serves. Be charitable, as Jesus is charitable. Jesus loved us so much that He willingly gave up His life in a most horrendous death, so that we might be saved for all eternity. We are Jesus' hands, feet, and voice in this world!

We are to demonstrate His love to others and 'others' should be defined as liberally as possible — it is not a narrow definition limited to my parents or my children or the people who live on each side of my house. Neighbor should be defined as including everyone whom Jesus brings near me (our personal sphere of influence): other drivers, store clerks, cashiers, waiters, delivery people, co-workers, bosses, etc. We have the privilege to share Jesus's love to the people He brings to us, and we willingly assume that privilege because of our gratitude to our Lord for what He has done for us.

Our missionary deeds should include all people. We are to love. We are to serve. People vilify the immigrant, the destitute, the unhoused, the vagrant, the person whose skin is a different color. We, who believe, must liberally define 'neighbor' and do what we can to directly demonstrate Jesus's love, or through indirect influence

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aggregate funds or lend our support to public policies that will assist our ‘neighbors’. Contributions to a church’s ‘caring fund’ or taxes to governmental assistance programs provide an aggregation of funds that provide merciful, caring, and loving support. Do we want to build-up, or tear-down?

I know of a woman who clerked at a large retail store. The store required her to work an occasional weekend. The woman loved the peace of early Sunday mornings. However, about 10:00 am (it was as if a light switch was toggled) the store got busier and the patrons became horrid, rude, disrespectful, self-absorbed. She observed that, when the 9:00 am church services ended, people stopped to pick-up a few items, and those nicely dressed church-goers were “absolute witches”. Her faith in the “Christian” community was sorely tested.

Again, motive. How are we, who believe, treating those whom God brings into our sphere of influence? We are always under scrutiny. People are always watching our behavior, our interactions with others, especially if they perceive that we are “Christian”. Are we kind, or demanding? Are we merciful, or cruel? Are we respectful, or bad-mannered? Are we courteous, or selfish? Are we narrow-minded, or inclusive? Are we judgmental, or deferential?

We must always remember that God is the judge ([1 Corinthians 5:12-13](#)). Do our actions, facial expressions, reactions, words, or silence demonstrate judgment, or inclusion? Peace, or confrontation? Distaste, or courtesy?

Day 4

 Please pray for holy guidance and insight before you begin today’s study.

Trust in God, Do Not Worry

²⁵ "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?"

Q17. ***Do not worry about your life:*** Does Jesus really want me to stop working? Am I to stop planning for tomorrow?

Stop working? Yes? No? (Why did you circle that answer?)

Stop planning? Yes? No? (Why did you circle that answer?)

Q18. ***Do not worry about your life:*** “My company just laid-off a number of people, including me. I do not know how I’m going to afford food for my family. What am I to do?” What would you advise?

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✎ “Jesus is not telling His followers to quit their jobs. He is not telling them to simply sit idly and wait for God to supernaturally provide. Nor is He suggesting it's wrong to earn money to provide for their families. He is not telling His followers they should not wisely save for future needs. In keeping with the rest of the Sermon on the Mount, Jesus is commanding His listeners to take control of what is going on in their minds and hearts. The word translated ‘worry’ or ‘be anxious’ here is *merimnate*. This can mean to care for or think about something. In this context, it means to obsess or agonize. Jesus' point here is not that we should be careless, but that we should not be fearful.

“In a meaningful sense, living in constant worry about money is a way of ‘serving’ money instead of serving God. Living in fear Jesus says, is not the point of real life. He will clarify this in the following verses.” [© Copyright 2002-2026 Got Questions Ministries. All rights reserved. <https://www.bibleref.com/Matthew/6/Matthew-6-25.html>, accessed: 03/31/2026.]

✎ I am reminded of a story:

A man prayed to God every day to win the lottery. He prayed in the morning, at lunchtime, in the evening, and just before he went to sleep.

The man passed away and went to heaven. The man was rather upset with the Lord and sought him out.

The man said to the Lord, "I've been praying to win the lottery just once, for thirty-years! Every day after I woke up, ate my lunch, had my dinner in the evening, and just before I went to sleep. How come I never won??"

And the Lord said, "I WOULD HAVE HELPED, BUT YOU NEEDED TO BUY A TICKET!"

✎ This is NOT a promotion for the lottery! The lottery provides a hope, although that hope is tiny, miniscule, and you need a microscope to find it. A hope that is so remote – it's like searching for one grain of gold on a beach with miles of grains of sand underfoot.



Sand on a beach.

https://img.freepik.com/premium-photo/panoramic-view-extensive-beach-ebro-delta-isolated-white-background-space_660230-107209.jpg?ga=GAI.1.821966085.1773586045&semt=ais_incoming&w=740&q=80, accessed: 04/04/2026.

If you want to invest in a hope that is true, certain, and guaranteed, then believe in the Redeemer Christ Jesus! Have faith in the terrible price He paid for you, for me, on that cruel cross so many years ago. He lives for you and me. He loves you and me. He wants the absolute best for us, and from us, in this temporary world. Jesus's end-game isn't in this broken world; it is for all eternity in Paradise! His ‘absolute best for us’ is not as we define it; it does not mean riches; or handsome/beautiful, sculpted bodies; or comforts of food and fine houses.

His ‘absolute best’ refers to our spiritual well-being, the health of our soul, the strength of our faith in Him, the Christ-like example that we demonstrate to our family, friends, acquaintances, and to the world, despite any trials and tribulations that Satan may be allowed to inflict upon us. Through trials and tribulations, we learn to trust Him, to love Him. He has our backs, so to speak, and will not allow us to be tempted beyond that which

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we can endure ([1 Corinthians 10:13](#)). Some have said, “I wished that God did not have such faith in me! This life is, oh, so very hard!”

When faced with terrible trials, we must rely upon God for strength and guidance. Jesus has broad shoulders and we can turn to Him in rage, in weeping, in beseeching. Sometimes Jesus will permit our bodies to fail due to illness such as multiple sclerosis, or Lou Gehrig's disease (ALS), or dementia, or cancer. Even though we are sick, Jesus may use our examples of perseverance, kindness, and trust-in-Him as a way to minister to visitors and medical professionals who are caring for you. We will not get out of this world alive. Death will come to our bodies, but our souls will live-on, freed from the constraints of our earthly container.

The lottery story, however, underscores the responsibility that we have to Jesus. Jesus willingly took action; He ministered, He healed, He proclaimed, and then He allowed us humans to brutally abuse and kill His body. Jesus wants us to follow His example; we are to take action, to step-out, to speak-up – we are to take that first step in faith. He promises that He will be with us — with us. That does not mean that He will ‘blaze the trail’ ahead of us, or push us from behind, or replace us. He will be with us. Alongside of us. We are His hands, feet, and voice. The lottery story emphasizes that we must step-out in faith; we must take the first step! First, pray to the Lord. Second, repeat the first step. Third, seek others for help, advice, financial assistance, or medical diagnosis and care.

We pray, and He loves our faith; He loves to hear our voice. He may answer our prayers today, tomorrow . . . or never. Jesus knows what is absolutely in the best interests for our faith, not material things or comforts or riches.

Q19. (Personal not to be discussed in a group) ***Do not worry about your life:*** You may be deeply worried and have fervently prayed about some circumstance in your life or in the life of a loved one — and Jesus is silent. Have you examined the help that Jesus may have sent to you, already? Perhaps, Jesus is answering your circumstance, but you need to squelch your pride and ask someone to help.

Q20. ***Do not worry . . . what you will eat or drink:*** My country is so dry that all of our crops have dried-up, there is no food, and we are starving. A mother, who lives next door, is nursing her newborn baby, but her breast milk is barely flowing and her baby is slowly dying in her arms. What are we to do?

Q21. ***Do not worry . . . what you will eat or drink:*** Jesus said, “The poor you will always have with you.” Does Jesus want starving people to die?

Mark 14:7 [NIV-1984]

The poor you will always have with you, and you can help them any time you want. But you will not always have me.

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Q22. **Do not worry . . . what you will eat or drink:** Does the “Christian” have a responsibility to the poor of other countries?

Yes? No? (Why did you circle that answer?)

James 2:14-19 [NIV-1984]

¹⁴ What good is it, my brothers, if a man claims to have faith but has no deeds? Can such faith save him?

¹⁵ Suppose a brother or sister is without clothes and daily food. ¹⁶ If one of you says to him, "Go, I wish you well; keep warm and well fed," but does nothing about his physical needs, what good is it?

¹⁷ In the same way, faith by itself, if it is not accompanied by action, is dead. ¹⁸ But someone will say, "You have faith; I have deeds." ¹⁹ Show me your faith without deeds, and I will show you my faith by what I do. You believe that there is one God. Good! Even the demons believe that — and shudder.

Matthew 22:36-40 [NIV-1984]

³⁶ "Teacher, which is the greatest commandment in the Law?"

³⁷ Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: 'Love your neighbor as yourself.' ⁴⁰ All the Law and the Prophets hang on these two commandments."

Matthew 25:31-46 [NIV-1984]

³¹ "When the Son of Man comes in his glory, and all the angels with him, he will sit on his throne in heavenly glory. ³² All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. ³³ He will put the sheep on his right and the goats on his left.

³⁴ "Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. ³⁵ For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, ³⁶ I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.'

³⁷ "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? ³⁸ When did we see you a stranger and invite you in, or needing clothes and clothe you? ³⁹ When did we see you sick or in prison and go to visit you?'

⁴⁰ "The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'

⁴¹ "Then he will say to those on his left, 'Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels.

⁴² For I was hungry and you gave me nothing to eat, I was thirsty and you gave me nothing to drink, ⁴³ I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was sick and in prison and you did not look after me.'

⁴⁴ "They also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?'


⁴⁵ "He will reply, 'I tell you the truth, whatever you did not do for one of the least of these, you did not do for me.'

Lesson 10: Matthew 6:16-34

Q23. Do not worry . . . what you will eat or drink: Who is your neighbor?

Q24. ***Do not worry . . . what you will eat or drink:*** How might Christ Jesus judge the “Christian” regarding the “Christian’s” care of the poor in famine-ravaged countries, or the poor within their own nation?

Day 5

 Please pray for holy guidance and insight before you begin today’s study.

²⁶ 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?

Q25. ***The birds of the air . . . yet your heavenly Father feeds them:*** Out in the wilderness, does our heavenly Father provide endless balls of suet or bird feeders that are always filled?

Yes? No? (Why did you circle that answer?)

Q26. The birds of the air . . . do not sow or reap or store away in barns, and yet your heavenly Father feeds them: Do birds, or for that matter squirrels, have to work for their food, or is food given to them?

Work? Given? (Why did you circle that answer?)

Ephesians 1:5 [New American Standard Bible (NASB)]


He predestined us to adoption as sons and daughters through Jesus Christ to Himself, according to the good pleasure of His will,

Lesson 10: Matthew 6:16-34


Q27. The birds of the air . . . do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you . . . more valuable: We, who believe, are adopted by the Father. As adopted sons and daughters, are we not “more valuable” than birds and animals?

Yes? No? (Why did you circle that answer?)

Q28. The birds of the air . . . do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you . . . more valuable: What lesson does Jesus want us to remember from this teaching?

 “Careful reading of this passage gives important context. Jesus has been careful to point out that God's plans, and God's will, are not always identical to our preferences ([Matthew 5:3–12](#)). God will provide all that we ‘need’ in order to obey His will. At times that might not include what we sometimes think of as ‘needs’. The fact that life — true life ([John 10:10](#); [14:6](#)) — is more than these earthly things is a crucial part of understanding this analogy.” [© Copyright 2002-2026 Got Questions Ministries. All rights reserved. <https://www.bibleref.com/Matthew/6/Matthew-6-26.html>, accessed: 04/05/2026.]

²⁷ Who of you by worrying can add a single hour to his life ?

 Other versions provide this variation on the text: “Has anyone . . . gotten taller by so much as an inch [MSG]”.

Q29. *Who of you by worrying*: What does “worry” give us?

1 Peter 5:7 [NIV-1984]

Cast all your anxiety on him because he cares for you.

Lesson 10: Matthew 6:16-34

²⁸ "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

Q30. Yet I tell you that not even Solomon in all his splendor: Who was "Solomon"?

2 Samuel 12:24-25 [International Children's Bible (ICB)]

²⁴ Then David comforted Bathsheba his wife. He slept with her and had intimate relations with her. She became pregnant again and had another son. David named the boy Solomon. The Lord loved Solomon. ²⁵ The Lord sent word through Nathan the prophet to name the baby Jedidiah ["loved by the Lord"]. This was because the Lord loved the child.

Acts 7:47 [International Children's Bible (ICB)]

[Solomon's father King David planned to build the Lord's Temple, but God judged David's sins, and gave the construction privilege to Solomon.]

But Solomon was the one who built the Temple.

2 Chronicles 1:1, 7, 10-12 [New American Standard Bible (NASB)]

¹ Now Solomon the son of David established himself securely over his kingdom, and the Lord his God was with him and exalted him greatly. . . .

⁷ In that night God appeared to Solomon and said to him, "Ask what I shall give you." . . .

¹⁰ Now give me wisdom and knowledge, so that I may go out and come in before this people, for who can rule this great people of Yours?"

¹¹ Then God said to Solomon, "Because this was in your heart, and you did not ask for riches, wealth, or honor, or the life of those who hate you, nor did you even ask for long life, but you asked for yourself wisdom and knowledge so that you may rule My people over whom I have made you king, ¹² wisdom and knowledge have been granted to you. I will also give you riches, wealth, and honor, such as none of the kings who were before you has possessed, nor will those who will come after you."

2 Chronicles 9:3-4 [International Children's Bible (ICB)]

³ The queen of Sheba saw that Solomon was very wise. She also saw the palace he had built.

⁴ She saw the food on his table and his many officers. She saw the palace servants and their good clothes. She saw the servants who served Solomon his wine. And she saw their good clothes. She saw the burnt offerings he made in the Temple of the Lord. All these things amazed her.

 King Solomon is generally attributed with writing the Books of Proverbs, Ecclesiastes, and the Song of Solomon (Song of Songs).


Lesson 10: Matthew 6:16-34

Q31. **Yet I tell you that not even Solomon in all his splendor was dressed like one of these:**
The phrase “dressed like one of these”: to what is Jesus referring? (Hint: usually associated with Easter)


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Q32. **Yet I tell you that not even Solomon in all his splendor was dressed like one of these:**
The phrase “*dressed like one of these*”: What color is this to which Jesus is referring?

 W

 ***Even Solomon in all his splendor:*** “The common dress of Eastern kings was purple, but they sometimes wore white robes. See [Esther 8:15](#); [Daniel 7:9](#). It is to this that Christ refers. Solomon, [Jesus said,] the richest and most magnificent king of Israel, was not clothed in a robe of ‘so pure a white’ as the lily that grows wild in the field.” [©1834, *Notes on the Bible* by Albert Barnes. <https://biblehub.com/commentaries/matthew/6-29.htm>, accessed: 04/06/2026.]


Day 6

 Please pray for holy guidance and insight before you begin today’s study.


³⁰If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire [or oven (ESV)], will he not much more clothe you, O you of little faith?

Q33. ***The grass of the field:*** Since trees (i.e., firewood) were sparse in this land, what might the typical family use to heat an oven for baking bread?

 G

 Did you notice the progression? In verse 25, Jesus expresses God’s care for you and me (humanity). Then, in verse 26 He emphasizes God’s care for “birds of the sky”. He then switches to God’s care for the “lilies of the field” in verse 28. Finally, in verse 30 Jesus mentions God’s care for the “grass of the field”.

Jesus’s point is that as God cares for the miniscule — even the “grass of the field” — how much more does He care for you and me! We were made in His image ([Genesis 1:26](#)). Scripture promises that we are adopted sons and daughters ([Ephesians 1:5](#)) of the Lord God Almighty, and that means Christ Jesus is our brother!

 “The Jewish oven was a vessel narrower at the top than at the bottom, made of baked clay. Sometimes the fuel was placed within, and the cakes laid against the sides. Sometimes the oven was heated by a fire kindled beneath or around it. Eastern travellers state that wood being rare in most parts of the East, grass, twigs, and straw are commonly used for fuel.” [©1882 and later, *The Cambridge Bible for Schools and Colleges* by Cambridge University Press. Text Courtesy of BibleSupport.com. <https://biblehub.com/commentaries/john/10-3.htm>, accessed: 04/06/2026.]

Lesson 10: Matthew 6:16-34

Q34. **You, O you of little faith:** What is Jesus emphasizing in this phrase? (If you said ‘faith’, then – thinking back to previous verses in this chapter – what does an increase in faith provide?)

³¹ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Q35. **So do not worry:** Worrying, anxiety seems to be part of human life. How are we to ‘[take captive](#)’ worry? (If your answer is ‘prayer’, then [what else must be done?](#))



“If worry was ever a good option, it would be when the circumstances of our lives are at their worst. Isn't it time to start worrying if you don't know where your next meal or clothing is coming from? If not then, when?”

“That's part of Jesus' point in this passage. If that is not a good time to be fearful ([Matthew 6:25](#)), it means there is never a good time to be fearful. For the people who call God Father, worry is never the appropriate response to life. Human nature tempts us to fear, and to have anxiety, but it's not how God wants us to feel. As unrealistic as that sounds to many of us, that's the level of confidence He wants His disciples and listeners to have in their Father in heaven. It's a matter of trusting both God's ability and His willingness to provide for us.”

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Q36. **Seek first his kingdom and his righteousness:** How can we comply with this command?

Lesson 10: Matthew 6:16-34

³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Q37. ***Do not worry about tomorrow:*** If someone struggles with addiction and they want to stay sober, do they worry about tomorrow’s temptations? Or are they cautious about what might tempt them today – in the next hour?

Tomorrow? Today? (Why did you circle that answer?)

Q38. ***Do not worry about tomorrow:*** We have discussed “worry” in earlier questions: How does “worry” help us?

Q39. ***Do not worry about tomorrow:*** How might we, who believe, learn to trust in the Lord and then grow that trust?

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