

Session 5 - How Do We Live Without Fear or Judgment?

Matthew 6:25 – 7: 12

Understanding how trust in the Father reshapes our hearts and our relationships.



The Human Struggle

Two patterns appear again and again in human life:

- **Worry about our own lives**

“Do not worry about your life, what you will eat or drink; or about your body, what you will wear.” Matthew 6:25

- **Judgment toward others**

“Do not judge others, and you will not be judged.” Matthew 7:1

Fear often turns inward as anxiety and outward as criticism.

Jesus addresses both because **they reveal a deeper issue of trust.**



Jesus Speaks to Worry

25 “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? 26 Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? 27 Can all your worries add a single moment to your life?”

Matthew 6:25-27

Jesus begins by addressing one of the most common human struggles:

anxiety about life.

He points out that life is more than food, clothing, or material security. These things matter, but they are not meant to dominate our hearts. Jesus then points to the natural world as a reminder of God’s care.

- The birds do not control the future, yet they are sustained by the Creator.
- His point is not that human needs are unimportant.
- His point is that our lives ultimately rest in the care of the Father.

Worry feels productive, but Jesus reminds us that anxiety cannot actually add to our lives or secure the future.



The Father's Care

28 “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, 29 yet Solomon in all his glory was not dressed as beautifully as they are. 30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?”

Matthew 6:28-30

Jesus continues by pointing to the flowers of the field.

- They grow naturally and beautifully without striving for recognition or security, yet they are clothed with extraordinary beauty.
- If God cares so attentively for something as temporary as wildflowers, Jesus argues, how much more will He care for people who belong to Him?

The issue Jesus exposes is not simply worry — it is trust.

Fear grows when we forget the character of the Father.



Seek First the Kingdom

31 “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. 34 “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

Matthew 6:31-34

Jesus concludes this section with a shift in focus.

- Instead of being consumed with questions about food, clothing, and the future, His followers are called to pursue **the Kingdom of God and His righteousness**.
- When the Kingdom becomes the central priority of life, everything else begins to fall into its proper place.

Jesus is not promising a life free from difficulty.
He is teaching that trust in God frees us from being ruled by anxiety.



The Speck and the Log

3 “And why worry about a speck in your friend’s eye when you have a log in your own? 4 How can you think of saying to your friend, ‘Let me help you get rid of that speck in your eye,’ when you can’t see past the log in your own eye? 5 Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend’s eye.

Matthew 7:3-5

Jesus uses a vivid image to expose the problem of hypocrisy.

- It is easy to notice a small flaw — a speck — in someone else's life while ignoring a much larger issue — a log — in our own.
- This exaggeration is intentional. Jesus is showing how easily pride blinds us to our own faults.

The solution Jesus offers is not ignoring sin but beginning with self-examination.

Only when we confront our own brokenness can we truly see clearly enough to help someone else.



Discernment Still Matters

6 “Don’t waste what is holy on people who are unholy. Don’t throw your pearls to pigs! They will trample the pearls, then turn and attack you.

Matthew 7:6

Jesus immediately follows this teaching with a reminder that **wisdom and discernment are still necessary.**

- Not every situation should be handled the same way. Not every conversation will be fruitful.
- Jesus teaches His followers to combine humility with discernment, recognizing both the value of what is sacred and the importance of responding wisely to others.

The point is not the abandonment of judgment but the transformation of how and why we judge.



The Turning Point: Prayer

7 “Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. 8 For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened. 9 “You parents—if your children ask for a loaf of bread, do you give them a stone instead? 10 Or if they ask for a fish, do you give them a snake? Of course not! 11 So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.

Matthew 7:7-11

After addressing worry and judgment, Jesus gives the key that transforms both:

PRAYER

- He invites His followers to ask, seek, and knock — expressions of persistence and trust.
- Prayer reorients the heart. Instead of trying to control life or criticize others, we bring our needs and struggles to the Father.
- As we learn to trust God with our lives, **fear begins to fade and compassion for others begins to grow.**

Jesus reminds His listeners that God is not distant or reluctant.
He is a good Father who delights in giving good gifts to His children.



Prayer Changes the Heart

When people truly learn to pray:

- worry begins to give way to trust
- pride begins to give way to humility
- judgment begins to give way to compassion.

Prayer reminds us that we depend on God for everything, and that dependence reshapes the way we see both life and other people.

Through prayer, our hearts begin to align with the heart of the Father.



The Golden Rule

12 “Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets.

Matthew 7:12

Jesus concludes this section with one of the most famous teachings in all of Scripture.

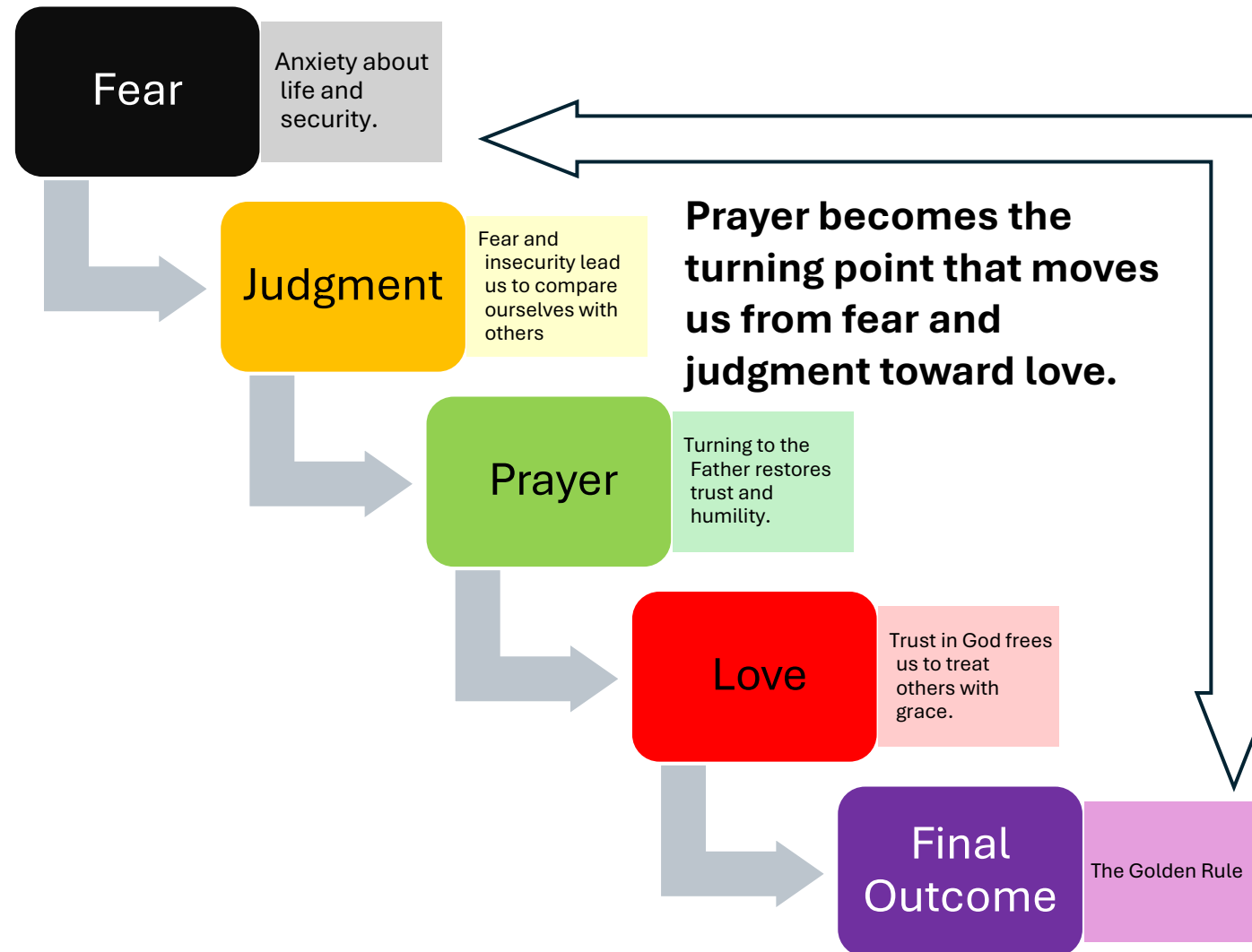
- The Golden Rule calls people to treat others with the same care, mercy, and fairness that they themselves desire.
- This command summarizes the heart of the Law and the Prophets.

It is not simply a rule for behavior.

It is the natural result of a life shaped by trust in God and humility toward others.



Fear → Judgment → Prayer → Love



A Question for the Heart

Where do you struggle more:

- anxiety about your life and future or
- criticism and judgment toward others?

How might learning to trust God more deeply reshape those struggles?



Where Jesus Goes Next

In Matthew 7:13-27 Jesus now brings the Sermon on the Mount toward its conclusion.

He speaks about:

- the narrow and wide paths
- true and false disciples
- building life on a firm foundation.

The sermon ultimately leads to a decision:
What kind of life will we build?



Reflection Questions

1. Why do people often struggle with worry about life?
2. Why is it easier to judge others than examine our own hearts?
3. How does prayer help reshape our fears and insecurities?
4. What does living out the Golden Rule look like in everyday relationships?



Key Takeaway

- Fear and insecurity distort how we see both God and people.
- But when we learn to trust the Father, anxiety begins to fade and humility begins to grow.

Through prayer, our hearts are transformed so that we can live out the simple but powerful teaching of Jesus:

Treat others the way we ourselves desire to be treated.

