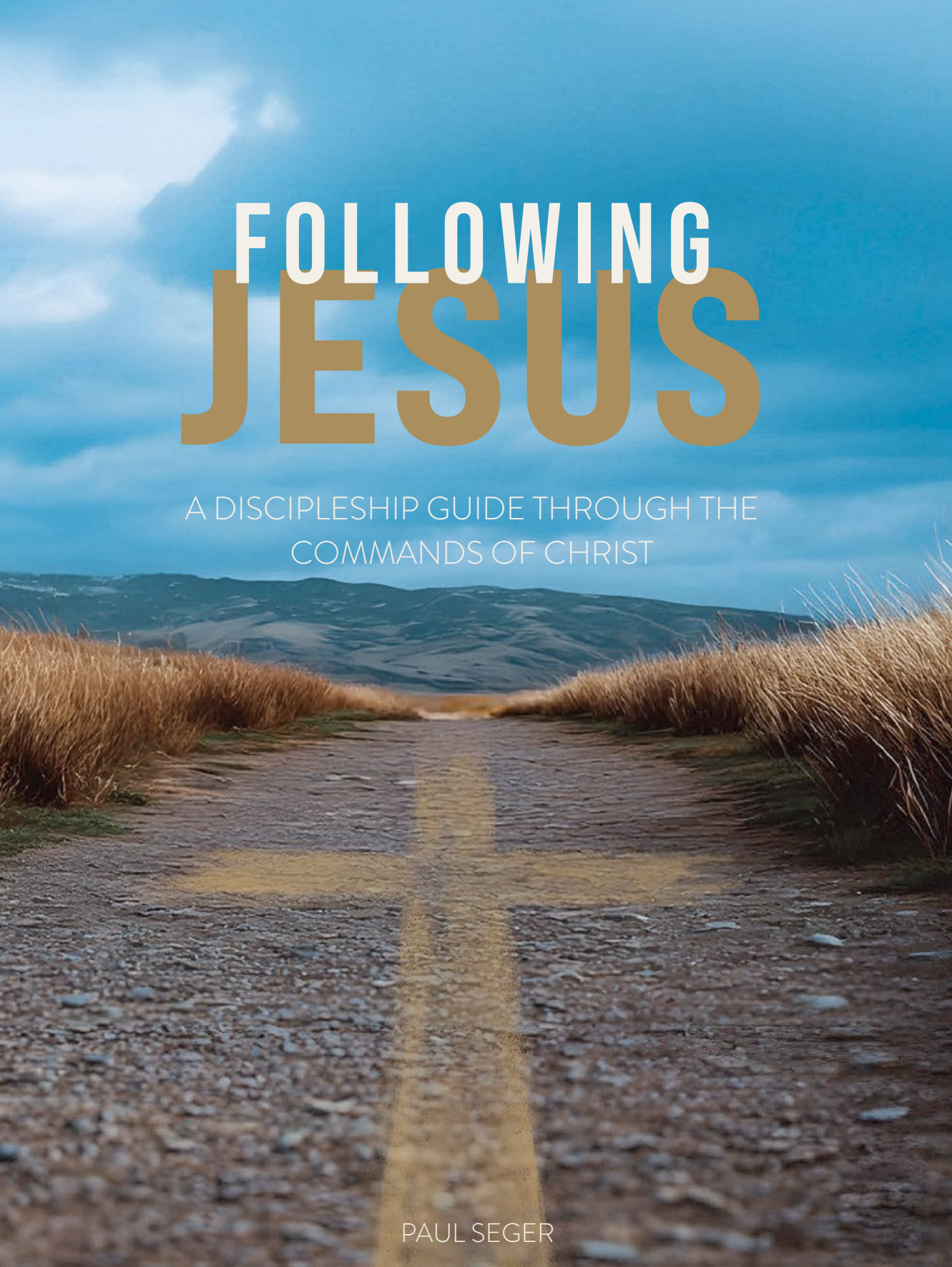

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A COMPLIMENTARY SAMPLE FROM *FOLLOWING JESUS*

What does it look like to follow Jesus—not only in what you believe, but in how you live?

Following Jesus brings together 50 commands of Christ in a clear, practical discipleship guide for Christians at every stage of spiritual growth. Grounded in grace, it presents obedience not as a way to earn Christ's favour, but as the loving response of those He has rescued.

This sample contains "Do Not Worry," one of the book's 50 two-page studies. Each study includes Scripture to read, a biblical definition, a concise explanation, thoughtful questions for reflection and discussion, and space for personal application.

Use this sample personally, work through it with someone you are discipling, or discuss it with a small group.

ABOUT THIS SAMPLE

Following Jesus: A Discipleship Guide Through the Commands of Christ
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The word-study definition is adapted from Johannes P. Louw and Eugene A. Nida, eds., Greek-English Lexicon of the New Testament: Based on Semantic Domains, 2nd ed., 2 vols. (New York: United Bible Societies, 1989; electronic ed., 1996), and James Strong, Strong's Exhaustive Concordance of the Bible, as reproduced at BibleHub.com.

This sample is provided for educational and informational purposes only and does not constitute professional advice.

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DO NOT WORRY



SCRIPTURE TO READ

Matthew 6:25 “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”

Matthew 6:31 “Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’”

Matthew 6:34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

John 14:1 “Let not your hearts be troubled. Believe in God; believe also in me.”

John 14:27 “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”

BIBLICAL DEFINITION

(worry / be worried) to have an anxious concern based on apprehension about possible danger or misfortune

(troubled) to cause acute emotional distress or turbulence; to cause great mental distress

FOR FURTHER UNDERSTANDING

Worry refers to being driven to distraction or “pulled apart” in anxiety. Jesus is not teaching that there aren’t legitimate concerns in our lives, but that we should not be ruled by them.

SPECIAL NOTE

This command does not dismiss those who have gone through traumatic events. Rather, it provides a faithful foundation for healing, along with pastoral, medical and biblical counselling care.

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DISCUSSION QUESTIONS

1. Read John 14. What does Jesus teach about responding to a troubled or anxious heart, and what does He offer in its place?

2. According to Matthew 6:25, what are we not to worry about?

3. In Matthew 6:26–30, what are the reasons Jesus gives for trusting our Father for what we need?

4. What are you learning about how faith in God, not being afraid, and not worrying work together?

5. What are some things you often worry about? Choose one to intentionally take to the Lord this week—how will you begin trusting Him with it?

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CONTINUE FOLLOWING JESUS

This is just one of 50 commands explored in *Following Jesus*.

The complete guide provides a purposeful path through Jesus' teaching—beginning with how we respond to Christ and continuing through what it means to love God, love others, walk in wisdom and advance His mission.

INSIDE THE COMPLETE GUIDE

- Focused on Jesus—50 commands that speak to nearly every area of life
- Learning that leads to action—Scripture, biblical definitions and thoughtful questions connect Christ's words with everyday life
- Growth at every stage—builds strong foundations for new believers while continuing to challenge mature Christians
- Flexible and straightforward to use—designed for personal study, one-to-one discipleship, small groups and church-wide programmes
- Use it as a year-long study or work through selected sections between other studies.

TAKE THE NEXT STEP

Explore the complete guide and find ordering options for individuals, discipleship pairs, small groups and churches.

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Each two-page study includes Scripture readings, word studies, questions for reflection and discussion, and space for personal application. Use this guide for personal study, in a one-to-one discipleship relationship, or with a small group as you learn to understand Christ's words, practise them in everyday life, and invest in others for the Great Commission.

PAUL SEGER is a global missions consultant and speaker with Biblical Ministries Worldwide, which he led for 27 years as general director. Drawing on missionary and church-planting experience in South Africa, he equips churches and champions relational discipleship that advances the Great Commission.

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