

Sermon Discussion Guide- Week of Nov 15, 2020

The Weight of Worry, Matthew 6:25-34

Pastor Temple and Pastor Conway, see www.Christchurchsl.org/sermons

Getting Started- Life Updates, Prayer Requests & Opening Question (15 min)

- Anything to share about personal events or faith experiences since you last met?
- Are there any joys or concerns that you would like to share with the group for the closing prayer time or for group members to hold in prayer during the week? (please note them below for later)

Opening Discussion Question: Are you or is someone close to you a world class worrier? How do we draw the line between what is worrying excessively and what is wise risk-management?

Review the Sermon (15 min)

Please read aloud the scriptures from this week's sermon message (see www.christchurchsl.org/sermons) and then discuss the questions which follow as time allows.

Matthew 6:25-34

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 than food, and the body more than clothes? 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? ²⁷ Can any one of you by worrying add a single hour to your life? ²⁸ "And why do you worry about clothes? See how the flowers 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.

³⁰ 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—you of little faith? 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. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

- If you had to give a one-minute summary of the sermon message this week, what would you say?
- Pastor Temple mentioned that social scientists that have studied anxiety indicate that less than 10% of the things about which most people worry every actually happen. Why do you think people in general direct so much of their energy into unfruitful worry?
- What is lost in the process?
- What reasons does Jesus give for his followers NOT to worry about the basic needs of life in verses 25-30?

- How are we to understand these verses in light of other passages of scripture that address being responsible and productive in work, wise in planning and generous in taking care of our families and others in need?
- What does “seeking first the kingdom of God and His righteousness” mean to you? (vs 33)
- Why does it seem harder to place our personal sense of security in God our maker and provider rather than in our abilities, possessions or finances?
- How do verses 27, 30 and 32-33 help us to make this change in our thinking and shift in our mental burden bearing?

Other Related Readings (10 min)

- Would a volunteer please read aloud Matthew 11:28-30.
- What is a yoke and what is it used for?
- How can taking on the yoke of Jesus, give rest to those who are already weary and burdened?
- Do you see 6:33, seeking first the kingdom of God and His righteousness, and 11:29, take my yoke upon you, as similar invitations of the Lord or different?

Personalizing and Applying The Message (10 min)

- As you reflect upon the sermon and the scripture readings above, what are points of encouragement or challenge for you personally?
- How has 2020 created opportunities for us to personally grow in this area of trusting in God and not worrying?
- How does God speak to you when you are most worried? Through His Holy Word? Through signs of His presence through apparent coincidences? Through the comfort of a listening friend? Through the lessons of nature (such as birds or flowers)? Through prayer?
- The apostle Paul also tells us not to worry (about anything) and adds to instead pray (about everything) and we will experience the peace of God that will guard our hearts and minds in Christ Jesus (Phillipians 4:6-7). Is there a particular worry or weight that you are willing to try giving over to the Lord this week in prayer?
- How or at what times will we be giving up our worries to God in prayer this week?

Witness and Closing (5 minutes)

- To whom might our peace and contentment in God (as opposed to an anxious presence) be a blessing to this week?
- A volunteer may conclude by leading the group in prayer about the joys and concerns shared earlier in the meeting