

IN THE STORM: "Hakuna Matata"

Matthew 6:25-30

For the week of April 19, 2020

Everyone remembers the classic Disney film "The Lion King." There is a notable scene in the movie where Simba tries to escape the pain of his past and encounters a couple of new friends, Timon and Pumbaa. They sing "Hakuna Matata," which means no worries, for the rest of your days. But this wasn't the case in the movie since Simba had a very important royal responsibility, and worry is a byproduct of responsibility...or is it?

Startup Question

Can you pursue the calling that God has for your life while at the same time, not worrying? Is this humanly possible?

- If yes, discuss how this is accomplished.
- If not, what are the obstacles that block a person from accomplishing God's will in their lives while not worrying?

The Passage

→→First, read Matthew 6:19-24

Verse 25 starts with "*Therefore I tell you.*" This refers back to what Jesus was just saying in verses 19-24. What is the key teaching/principle that Jesus gave from verses 19-24?

What is typically the end result in a person's life when they attempt to serve two or more masters? Share an example from your life when you attempted this. If the results are not good, why do we continue trying to balance our life between two masters?

→→Now read Matthew 6:25-30

Does Jesus command us not to worry in verse 25? He does, doesn't He? Jesus says, "*do not be anxious about your life.*" An argument given about this is that anxiety (worry) is a feeling, and you can't control or command your feelings. Is this true? Why or why not?

Comment on this statement: "Our feelings are a gauge of where our heart is. In other words, feelings reveal what we truly believe at a heart level."

What is Jesus saying about the example of the birds and the flowers? Look back on your life and answer this: Has God provided for your needs? Why is this important to recognize and how does this relate to worry?

What We Worry About

What do we worry about? Studies have revealed that the average person's anxiety is focused on the following "Top 5" things:

1. We worry about things that will never happen.
2. We worry about things from the past that can't be changed.
3. We worry about criticism by others.
4. We worry about health (which gets worse with stress).
5. We worry about real problems that will be faced.

Do a self-assessment and note which of these "Top 5" things you worry about and then discuss in your group. When you worry, are you able to focus on God? Why or why not?

→→Read Luke 10:38-42. How does this story of two sisters highlight how worry can take you from your focus of the Lord?

Why We Worry

Why do we worry? Here are the "Top 2" reasons:

1. Worry keeps us in control, not God. When we worry, the result is we are taking back the control from God and leaving it up to ourselves to figure it all out.
2. Worry gives a false feeling of doing something.

Do these two reasons sound familiar? If so, how can you combat this? What are some practical ways to minimize worry and concurrently lean on the Lord?

The Solution

Conclude your time with your group by reading and commenting on the following passages:

- Philippians 4:6-7 and 1 Peter 5:7