

SEQUOIA NOTES

Today's Sequoia Message...

Why Worry?

With Shawn Woods
August 18, 2024



Matthew 6:25-34 (NLT) **“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? 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? 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”.

- **Jesus holds up images of the flowers & birds as examples, not of safety & security, but of a life free from anxiety.**
- **Jesus is shattering the myth that more money & more possessions, means less worry.**
- **More money & more possessions, often means more worry.**

- **Jesus tells us that we worry about that which we worship.**
- **God is saying that when you seek him & spend time with him, you don't need to worry about tomorrow.**
- **Jesus gave everything for you, & he wants you to experience a life free of anxiety.**
- **God made you to rest in Him - to trust Him in everything.**
- **Sabbath is resting & trusting in God.**

“We were made by God, made for God, made to need God, and made to run on God. We can be satisfied only by the one who is infinite, eternal, and able to supply all our needs; we are only at home in God. When we fall away from God, the desire for the infinite remains, but it is displaced upon things that will certainly lead to destruction.” (Dallas Willard, Life Without Lack: Living in the Fullness of Psalm 23).

Big Idea: Run on God.

Sabbath Hour & Box Challenge:

Step 1: Build a box.

Step 2: Take an hour this week.

Step 3: End your sabbath hour with a prayer.



Sequoia Impact Communities are where we
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Family of Servants on Mission.
To get plugged in email:
impactcommunities@sequoiachurch.org

Why Worry?

#19 of 26 - August 18, 2024

- 1) What are you currently worrying about today?
- 2) Read Matthew 6:25-34 What is the **Context** for these passages? Who is the writer and the recipients? Where does this fit in the book as a whole?
- 3) **Observation:** What “jumps out” in these passages? What interesting details do you observe? What questions does it raise for you?
- 4) **Meaning:** What was the meaning for the original recipients? What meaning is inferred in this for us?
- 5) According to Jesus what is the root cause of our worry? What solutions does Jesus offer to combat our worry and fear?
- 6) How is worry connected to what we worship (what we are most devoted to)? Read Matthew 6:19-24 for the broader context.
- 7) How does the reality of the cross and resurrection of Christ help us deal with our worry and fear?
- 8) How does sabbath help us deal with our worrying hearts? Read and discuss the merit of Dallas Willard’s quote on sabbath.
- 9) **Application:** What resonates with you from this message? What does it look like for you to “run on God”?
- 10) Engage with the Sabbath Hour & Box Challenge: What next steps will you take?



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