

DON'T BORROW FROM TOMORROW

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KICKING IT OFF

What most often keeps you up at night thinking and consuming your thoughts?

BIG IDEA

Seeking your own security first will fuel worry; seeking first the agenda of God will free you.

KEY SCRIPTURES

Matthew 6:24-34

"No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. "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? 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? Can any one of you by worrying add a single hour to your life? "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

DISCUSSION

(read Matthew 6:24-34 and discuss the following:)

1. When you face a worrying situation, do you tend to take action or to be more passive? What are some advantages and disadvantages to the way you respond to worry?

WHY WORRY?

2. How have you tried to manage your worrying in the past? Discuss the things that you tell yourself or practices that you exercise to alleviate your anxiety.
3. What has worrying ever done for you? How has it negatively impacted you?
4. When you read Jesus' words in the Matthew passage, they seem to make a lot of sense. Yet, why do people still end up worrying about their bodies and their clothes and other aspects of their lives?
5. How might worrying reflect a lack of confidence in God?
6. What are some obstacles to you believing what Jesus said about trusting God? How would your life be different if you believed him more?
7. What are some practical ways to seek God's Kingdom first and foremost?
8. What is something that worries you right now? What can you do this week to declare your trust in God, relabel your worry as "tomorrow," and participate in what God is doing today? How can this group support you?

WRAPPING IT UP

When you're tempted to borrow from tomorrow, look for a way to participate in what God is doing today. Begin each day declaring your trust in God. Before worry starts whispering in your ear, start trusting your heavenly Father who loves you. It is the greatest habit you can develop.

MEMORY VERSE

"But seek first the kingdom of God and his righteousness, and all these things will be given to you as well." **Matthew 6:33**

PRAYER FOCUS

Pray for the Hope Center as we are restocking the shelves and preparing to re-open the choice food pantry.



KICKING IT OFF

Share about a time when worry completely consumed you. What happened in the end?

BIG IDEA

What you worry most about reflects the point of your greatest devotion.

KEY SCRIPTURES**Matthew 6:27-34**

“Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Matthew 6:10

“Your kingdom come, your will be done, on earth as it is in heaven.”

DISCUSSION

1. Share what you tend to worry about most. What might that worry tell you about your greatest object of devotion?
2. How much of what you worry about concerns your security or well being?
3. Does trusting God translate to having a care-less attitude toward the things you worry about the most? What does it look like to do everything you can and to still trust God?



WHY
WORRY?

4. Read Matthew 6:28-30. What is the relationship between your worry and your faith? What would you worry about if you had perfect faith?
5. Read Matthew 6:31. What shall we eat? What shall we drink? What shall we wear? What are the biggest areas of worry that you are currently facing?
6. Read Matthew 6:32-34. What is Jesus' solution to worry? What comfort is there in knowing that God completely understands your situation?
7. Jesus knew that our worries are rarely about today, but about the uncertainty of tomorrow. What does it look like to seek first God's kingdom today and to trust God for tomorrow?

WRAPPING IT UP

Seeking first your own security will fuel worry. Seeking first the agenda of God will free you. Overcoming the paralyzing effects of worry requires more of a mental application—not so much a “do this,” but more of a “think this.” This week, sit down and make a list of the things that attract your devotion. As you look over each item on that list, say this prayer: “God, here’s my life . . . your will be done.”

MEMORY VERSE

*“Your kingdom come, your will be done, on earth as it is in heaven.” **Matthew 6:10***

PRAYER FOCUS

Pray this week for the re-opening of our worship services here at Sunnybrook. Pray for God's protection and His presence to fill our space with His glory- and for many to come to know Him as we gather.

