

Discussion Guide: April 28, 2024

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Message: *More to Life Than Worry* (series: *Sermon On The Mount*)

PRIMARY PASSAGE: Matthew 6:25-34 (CSB)

Therefore I tell you: Don't worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn't life more than food and the body more than clothing? Consider the birds of the sky: They don't sow or reap or gather into barns, yet your heavenly Father feeds them. Aren't you worth more than they? Can any of you add one moment to his life span by worrying? And why do you worry about clothes? Observe how the wildflowers of the field grow: They don't labor or spin thread. Yet I tell you that not even Solomon in all his splendor was adorned like one of these. If that's how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won't he do much more for you—you of little faith? So don't worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them. But seek first the kingdom of God and His righteousness, and all these things will be provided for you. Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.

MESSAGE HIGHLIGHT

Jesus offers us a new life freed from worry based on our adoption into God's family, His promises to provide for us, and Jesus' giving himself to us as our greatest joy as we seek Him and His kingdom.

DISCUSSION QUESTIONS

1. Think about the biblical reality of our adoption as children of God by faith in Jesus. What does that do for your heart and your worries? Read and think about Romans 8:15-17.
2. Jesus shows us that what we seek is what we're worried about. We know what we are seeking when we honestly evaluate what consumes our thoughts and energy. What are you currently seeking, why are you seeking it and how is it shaping your worries about the future?
3. Jesus offers us a life of seeking Him and His kingdom as the alternative to a life of worry. In what ways can you seek Jesus' kingdom in your life on a day to day basis? What worries can you give over to Jesus as you seek Him?
4. God is calling us to see Him as the reward we get when we give Him our worries. Look at the verses provided on worry and fear and identify the two elements in all of them: 1) God calls us not to fear or worry and 2) He offers Himself as the source of freedom and joy through His presence with us.
5. When we give our worries to our heavenly Father and turn our eyes to Jesus' kingdom, we gain an entirely new perspective on life. What fears and worries are holding you back from what Jesus has called you to do in His kingdom?

PRAYER: Pray for one another, that the Lord would give us strength through these truths to fight worry and fear in our lives and step into what Jesus has for us in His kingdom. Pray that we would see Jesus as the most glorious source of joy in our lives, and that we would give ourselves completely to Him. Pray that we would trust our heavenly Father to provide everything we need in His perfect wisdom.

God's Word for Worry and Fear

Christian Standard Bible (CSB)

1 Peter 5:6-7:

Humble yourselves, therefore, under the mighty hand of God, so that He may exalt you at the proper time, casting all your cares on Him, because He cares about you.

Philippians 4:4-7:

Rejoice in the Lord always. I will say it again: Rejoice! Let your graciousness be known to everyone. The Lord is near. Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

John 14:1:

Don't let your heart be troubled. Believe in God; believe also in Me.

John 16:33

I have told you these things so that in Me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world.

Proverbs 3:5-6

Trust in the Lord with all your heart, and do not rely on your own understanding; in all your ways know Him, and He will make your paths straight.

Psalms 56:3-4:

When I am afraid, I will trust in You. In God, whose word I praise, in God I trust; I will not be afraid. What can mere mortals do to me?

Isaiah 41:10:

Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you with My righteous right hand.