

Unpacking the Preach

Date: 5th July 2020
Sermon Title: Do not's for the family: do not worry
Bible Passage: Matthew 6: 25 - 34

Introduction

- Would you call yourself a worrier?
- What sort of things do you worry about?
- According to one psychologist the average teenager has the same level of anxiety as a psychiatric patient in the early 1950's. Do you think this is true? Do we live in an anxious age?
- Do you think it is possible to live a 'worry free' life?

Recapping the Preach

Take time to read the passage again, perhaps read it a few times from different versions:

- How would you summarise the key message of the passage?
- What does this passage tell you about the character and nature of God?
- Was there anything in the passage or preach that you found yourself resisting, pulling away from or wrestling with what is being said?

Stu began by describing the scene and imagining that the people listening would have been surprised by Jesus command not to worry - they had plenty to worry about. He went on to list 3 reasons why we should obey Jesus command and follow His advice: worry is not a fruit of the Spirit, worry will take years off our life, worry does not solve anything.

- Do you agree with these reasons? Why?
- Which reason did you find challenging?
- Are there other reasons you would add?

Stu went on to suggest that the reason we worry is because we don't know everything and what will happen tomorrow, because we can't control things, we can't eliminate the possibility that something could go wrong and we find it very hard to live with the uncertainty - therefore we worry. Worry is what fills the void of our powerlessness - we imagine a series of 'what ifs' and how we might handle them and all the while we are trying to control uncontrollable circumstances.

- Do you agree with this as the reason for worry? Is there anything you would add?
- How do you respond to idea of not being able to control tomorrow or eliminate the possibility of things going wrong?

Stu suggested that the only thing we can control is ourselves and we have a choice: we can either trust God with our tomorrow or we can trust worry? He pointed out that in exchange for our trust, God grants us peace (Philippians 4:6).

- Which find easier, to trust God or worry?
- What reasons would you give to someone for your decision to trust God with tomorrow?

Inclosing Stu suggested 4 practical application to steer our hearts towards trusting God: seek His kingdom first, pray, embrace uncertainty and live in today.

- Which of these do you need to work on?

Response

- Is there anything from the preach and passage that you will be taking away to reflect on or work on?

Prayer pointers

- Take time to share concerns you may be carrying and bear one another burdens in praying for each other.
- Pray for the our church family that we will grow in trusting God.

Additional resources:

If you need some additional resources the below websites are useful:

- <https://www.gotquestions.org>
- <https://enduringword.com>
- <https://www.biblica.com>
- <https://biblehub.com/commentaries/>