

The Life Challenge

"I came that they may have life and have it abundantly." John 10:10

Series: Sermon on the Mount
Title: DON'T WORRY
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Date: May 8, 2022



WARM-UP

Scientists and medical practitioners tell us that as we practice worrying day after day, we actually create worry pathways in our brains. What may have begun as cow paths, can end up as wide and well-travelled highways—sometimes maybe even worry ditches—difficult to climb out of—perhaps that's when we worry that we are worrying—or worry that we aren't worried!

Who is the one who worries the most in your family? What causes them to worry? Do you tend to worry more about actual problems or potential problems? The prayer (6:5-8) are very beneficial in learning to pray. Open your discussion by reflecting on the points that Jesus makes to all disciples and how these could benefit your prayer journey?

DISCUSSION

Discussion

- What do the birds teach us about worry?
- What is the point of Jesus' rhetorical question in verse 27? What does this question teach us about worry?
- The flowers, Jesus tells us, simply bloom in their uniqueness, free to be what they were created to be. What do the flowers teach us about trusting God? How is trust an antidote to worry?
- Paul takes up a similar theme in Philippians 4:6 & 7... "don't be anxious about anything... but pray." How is prayer help us overcome our worry?
- How does the Lord's Prayer address worry? How does Matthew 6:11 apply specifically to this section of the Sermon on the Mount?
- How do we demonstrate that we are 'seeking first God's kingdom and his righteousness' (vs. 33)?

Application

From this passage what are the practices that will help us put aside our worry?