

fear*less

1. WHY NOT WORRY HVC, May 3, 2020 Matthew 6:25-34 (NIV)

Can you recall a time when you worried about something a lot and it did not happen?

[Tom: *“Worry is the mental act of trying to problem solve something that isn’t really a problem or a problem that can’t be solved at the time.”*]

[SERENDIPITY] – *If you could have three wishes, which three would you choose from the following list?*

*Win the lottery
Secure job
Stress-free life
Close family
Good health
Faithful friend
Happiness
Success
Direction
Faith*

Matthew 6:25 (NIV)

“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?”

How are you tempted to soften this saying? Is ‘not worrying’ even possible?

Of these four (death, food, body, clothing), which are you inclined to worry about the most? Why?

Matthew 6:26 (NIV)

“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?”

What percentage of Christians do you think understand and take seriously the doctrine that God created and sustains all things? Why do you think that?

What do you think of the idea that God ‘cares’ for animals and creation itself?

How does looking at nature help to dispel our worry?

Matthew 6:27 (NIV)

“Can any one of you by worrying add a single hour to your life?”

Why do people worry about how long they will live?

How does worry affect your quality of life? Is your life enriched or inhibited by worry?

Tom cited some possible negative physical effects of worry. What did you think when hearing these?

[E.g. shrinking brain mass, lower IQ, heart disease, cancer, strokes, premature aging, clinical depression, dementia and Alzheimer’s in seniors]

Discuss: *“He who fears he shall suffer, already suffers what he fears.”*

Matthew 6:28-30 (NIV)

“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?”

What does ‘worrying’ about clothes mean? (i.e. having clothes or appearance/being in style or...?)

How might faith relate to worry?

Matthew 6:31-32 (NIV)

“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.”

How does it make you feel to know that God knows what you need? Why do you think some ‘needs’ go unfilled?

Discuss Tom’s comments on God’s providence:

- *“Faith in God the Father who providentially cares for His world is the cure for a worry-filled life.”*
- *“Whatever happens is something that God decreed or allowed to happen to serve His good purpose.”*

- *“God’s providence sometimes: Ends our suffering, Extends our suffering, Calls us home to him, Keeps us alive here.”*
- *“Why not worry? Because the providence of God gives us confidence in, not worry about the future.”*
- *“Even if all our worries come true, in the end it will be for our good.”*

What in our culture are we tempted to trust other than God to solve our problems? (e.g. Tom mentioned technology)

Matthew 6:33 (NIV)

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

What does “seeking first” God’s kingdom mean?

How we continually remind ourselves that God is the one true King, ruling and reigning over all things?

Discuss: *“When we do this, Jesus assures us the necessities of life will be provided.”*

What are some ways God might be using the pandemic to build up His church?

In the early church, devastating plagues were an opportunity for Christians to show sacrificial love at great cost to themselves. How you seen similar dynamics at play in recent months?

Discuss: *“The vaccine against worry begins by surrendering our faith in worldly things to faith in Christ.”*

Discuss: Charles Spurgeon, *“God is too good to be unkind and He is too wise to be mistaken. And when we cannot trace His hand, we must trust His heart.”*

Matthew 6:34 (NIV)

³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

What do you find encouraging about Jesus’ advice?

If you did this, what would be different in the way you think and act?

What would help you do this more consistently?