
HARD TIMES

4. Worried Sick

Start off with feedback from Sunday's message. What did those that were there - or those that have caught up online - take away from it? What encouraged them, what informed them and what challenged them?

Read Matt 6.25-34

31 *So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?"* **32** *For the pagans run after all these things, and your heavenly Father knows that you need them.* **33** *But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

- v25. 'do not worry about your life'. How easy or hard do you find it to obey this commandment? What things do you tend to worry about most?
- Which do you think is the biggest influence on your worrying – the PAST (how you were raised, what you experienced) or the FUTURE (because you care, because you're intelligent)? Discuss why.
- v25. 'is life not more than?' What things help you Look Beyond You (eg. prayer, worship, the Bible, nature, meditation, others etc.)?
- Have you ever tried giving your cares to God in prayer, as Paul and Peter suggest? (cf. Philippians 4.6-7 and 1 Peter 5.7) How does it work for you?
- What experiences, if any, have you had of trusting in your Father God to provide for your needs – and having Him come through for you? Can you identify with that part of Tim's story?
- v33. 'but seek first his kingdom'. Why does Jesus propose seeking God's Kingdom as an antidote to worrying about your own life? What would it mean for you practically to seek God's Kingdom and Live Beyond You?

Big Idea: 'Overcome Worry by Looking to someone beyond yourself, Father God, and by Living for something beyond yourself, His Kingdom.'

Pray in twos and threes for the specific worries that you're carrying right now. Present those requests to God with thankfulness for His goodness, and pray for His peace. Pray for the grace to trust Father God and the vision to seek His Kingdom before all else. Pray for your friends outside church who you know are struggling with worry. Pray for opportunities to share your story and experience with them.