

Worry



COMMON GROUND

What are your pet peeves?

KNOWN TRUTH

We all have peeves because we have worries that drive us mad. We can all agree life would be better without worries. So what do we do with our worries?

SCRIPTURE

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

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

BIBLE STUDY

- What is the gist of the passage?
- What does Jesus say not to worry about? Why? What do they represent?
 - Food and clothes
 - Very necessities for life
- What are some wrong interpretations of Jesus's teaching to not worry?
 - Not planning
 - Not working hard
 - Being lazy under the guise of faith
- Remember the Sabbath (from large group)
 - Work hard six days
 - Rest hard one day trusting that God sustains life and not our own hands

God is a good father that we can trust to take care of our needs. Instead of fixating on our own kingdoms, we can work hard, rest hard, and trust that God will give us what we need when put his Kingdom first in our lives.

FOR US

- So what do we worry about?
- What should we do with our worries?
 - Jesus teaches us to seek first the Kingdom of God
 - The Kingdom of God is where the heart of God is known and the will of God is done
 - So seeking the Kingdom means devoting our lives to building God's Kingdom, trusting he'll take care of ours (that is, our lives)
 - Seeking the Kingdom isn't a remedy for worrying but a replacement
 - What does it mean to seek God's kingdom at Rice? Give a couple examples from your own life
 - Paul tells us to pray

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

CHALLENGE

1. Pray every day this week through the Lord's Prayer (Matt 6:9-13) using it as a guide. This prayer addresses both God's Kingdom and our needs.
2. Identify your anxieties and worries. Find someone else with the same worry and look to help them this week.

Close by praying for each other.