

JAN 31st, 2021

 DO NOT WORRY, BUT STRIVE FOR THE KINGDOM
 Matt. 6:25-34

²⁵ "Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And can any of you by worrying add a single hour to your span of life? ²⁸ And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not clothed like one of these. ³⁰ But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? ³¹ Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' ³² For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. ³³ But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. ³⁴ So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

Matthew 6:25-34

We can hear: _____ worrying," or, "Just don't do that anymore."

When Jesus says, "Therefore I tell you, do not worry...", he's _____ that stress, worry, and anxiety are a part of our _____ condition. Matt. 5:3-11; 6:9-14

What keeps you up at night? What makes your head and heart hurt?

Jesus is saying that this is a _____ - _____. "Therefore I tell you, do not worry about your _____ (*psuché, psyche*)..." Gen. 2:7; Luke 9:23-25

What Jesus says	What we must grapple with
"Are you not of more value than they?"	Do I believe that my heavenly Father _____ of me?
"For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things."	Do I believe that my heavenly Father _____ of me? Matt. 7:7-11
"But strive first for the kingdom..."	Do I believe in _____ who came to _____ ? Mark 10:35-45; Luke 5
"Today's trouble is enough for today."	How can we help one another _____ in the midst of today's real troubles? Heb. 10; 1 Pet. 5:7-11

TALK IT OVER

Talking through the message during the week can really help clarify the things that God is teaching you and let others learn from your experiences. Get with someone this week and talk about your answers to the following questions:

What thought from the message was most helpful to you?

What thought from the message was most challenging to you?

What are the things that you find yourself most often worrying about, bring you the most stress, or cause you to feel anxious? When you feel those things, what do you often do? What have others done that isn't helpful?

Why is it important to hear that Jesus is not just insensitively saying to "stop worrying"? How does understanding that he is acknowledging the presence of worry in our lives an important place to begin for his progression of teaching?

When we work from Jesus' perspective and the Jewish understanding that the soul is all of who we are and the emphasis is that all of who we are comes from and is sustained by God, how does that alter your perspective on how worry actually affects you?

What is the difference between believing that our heavenly Father will take care of us and that he wants to take care of us?

How does Jesus' emphasis on the kingdom and the subsequent life with him as king change the focus on this section of Scripture?

As a community of believers who still struggle with worry and the doubt that accompanies that, how do you think that we can be helpful to one another? How have people reminded you of God's presence or ministered to you during a time of sharing your worries or anxieties?

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We can hear: "STOP worrying," or, "Just don't do that anymore."

When Jesus says, "Therefore I tell you, do not worry...", he's ACKNOWLEDGING that stress, worry, and anxiety are a part of our HUMAN condition. Matt. 5:3-11; 6:9-14

What keeps you up at night? What makes your head and heart hurt?

Jesus is saying that this is a SOUL-ISSUE. "Therefore I tell you, do not worry about your LIFE (*psuché, psyche*)..." Gen. 2:7; Luke 9:23-25

What Jesus says	What we must grapple with
"Are you not of more value than they?"	Do I believe that my heavenly Father WILL TAKE CARE of me?
"For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things."	Do I believe that my heavenly Father WANTS TO TAKE CARE of me? Matt. 7:7-11
"But strive first for the kingdom..."	Do I believe in THIS KING who came to SEEK AND SAVE MY SOUL? Mark 10:35-45; Luke 5
"Today's trouble is enough for today."	How can we help one another BELIEVE in the midst of today's real troubles? Heb. 10; 1 Pet. 5:7-11

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