

SMALL GROUP

SERMON DISCUSSION GUIDE

Don't Worry, Trust God
Matthew 6:25-34
March 22, 2020

Sermon Summary

We are living in an unprecedented time when worry could easily overwhelm us and become a pit in which we fall. We don't need pithy sayings, feel good pep-talks, or empty advice to keep us going. Those will never do. We need solid, timeless, tried and true reasons not to worry and Jesus provided those for us in Matthew 6:25-34. From His words we can learn why we shouldn't worry in these uncertain times.

Diving Into The Message

1. In verse 25 Jesus said, *"For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on."* In speaking of food, drink, and clothes, Jesus identified 3 basic needs and 3 areas of concern for His hearers. In our current situation, what are some other needs you are worried about?
2. Jesus concluded verse 25 by asking the rhetorical question, "Is not life more than food, and the body more than clothing." The Greek wording expects a positive answer: "Yes, life is more than food and the body more than clothing." If life is more than the things we have or don't have, then how does worrying about them warp our perspective of what really matters?
3. When all is said and done, what really is most important in life? In what ways does worrying about the temporal detract from what is most important?
4. Read verse 27 then take a few moments to list the positive outcomes of worry? If you identified any positive outcomes, re-read verse 27 and evaluate your list again. Do you still consider your list to be valid?
5. By using the birds of the air and the wildflowers of the field as an illustration, Jesus wasn't telling us to be passive and do nothing to provide for ourselves. His point was that we should do what the Lord has ordained but trust Him to provide. What has the Lord ordained for humans to do? How does He provide through our activity?
6. Jesus said that those who worry have little faith and that faith is like the Gentiles, or in our case, like the world. What does our worldly faith reveal about us and about how we view God?
7. What is one take-away from today's message and how will you apply it to your life?

Prayer Action

1. Pray God will give you peace in these difficult times.
2. Pray God will heal those who have contracted COVID-19 and will contain the spread of the virus.
3. Pray the Lord will grant wisdom to our President and other elected officials to lead through these uncertain days.
4. Pray the Lord will give researchers insight to find a cure for COVID-19.
5. Pray our Father will protect medical personnel from the virus and give them compassion as they treat those who have contracted the virus.