



## Introduction

Jesus gave us a whole way of living that seemed impossible to do - even unreasonable, then died on the cross for our sins. He rose again from the dead which underlined everything he said - even the things that seemed impossible and unreasonable like “don’t worry”. Yet Jesus doesn’t just tell us not to worry, but gives us an antidote and something to replace worry with - Himself!!

**Ice Breaker:** Share about a time that you worried about an issue, but in the end, found you had nothing really to worry about.

**Share** (pick one or two to talk about)

- Jesus summarised why we shouldn’t worry with these comments... (Matthew 6:25)
  - ✓ Who of you by worrying can add a single hour to anyone’s life?
  - ✓ Who of you by worrying has upgraded your wardrobe or reduced your grocery bill?
  - ✓ Who of you by worrying has added value to what you value most?

How do you respond to his reasons? What is your experience with worry and the concerns of life?

- Worry is about bringing “tomorrow” - over which you have no control, nor can know what might happen - into “today”. How might this impact your emotions, your thoughts, and hence how you live out your day?
- Read Matthew 6:32 - what does it mean to you that your Heavenly Father knows what you need and is aware of your concerns? If this is 90% of the problem of worry, how might this effect you now?
- Jesus’ command is to seek first His kingdom and righteousness (it’s about relationship and purpose) & to trust Him with everything else (Matthew 6:33). How has this worked/not worked for you? How hard is it to let go of the future into God’s hands?
- Paul repeats Christ’s words about worry (Philippians 4:6-7). Note his antidote - prayer, petition, praise (thanks). How often do you practice this? What is the promise that comes from doing this? (v7). Have you ever experienced that? Share.

## Bottom Line

The issue when all is said and done is about choosing between **trust** and **worry**. Which will you choose? Here’s the three applications to help you win over worry...

- *Begin the day declaring your trust in God.* If you get ahead of worry, you can stay ahead of worry. Remember: Worry makes things bigger. Prayer makes things smaller.
- *Relabel your worry ‘tomorrow’.* I will do what I can do (study for exam, put in my resume, work hard at work, look after my health etc) but trust God for the outcomes.
- *When worried about tomorrow look for a way to participate in what God is doing today.* God will always engineer opportunities for you to pray, serve, minister etc so take this on board first. Act on the His still small voice and give yourself to others.

## Reflect

**“When you’re in a fix... Philippians 4:6”** (and 7) (memorise this verse) *“Do not be anxious about anything, but in everything, 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.”*