

Worry Free Living!

“God of the Movement” Series – Part 02

Connect: If you could have witnessed any event in the Bible, what would you have wanted to see?

HOOK:

FedEx ran a commercial that spoofed the movie *Castaway*, in which Tom Hanks played a FedEx worker whose company plane went down, stranding him on a desert island for years. Looking like the bedraggled Hanks in the movie, the FedEx employee in the commercial goes up to the door of a suburban home, with a package in hand. When the lady comes to the door, he explains that he survived five years on a deserted island, and during that whole time he kept this package in order to deliver it to her. She gives a simple, “*Thank you.*”

But he is curious about what is in the package that he has been protecting for years. He says, “*If I may ask, what was in that package after all?*” She opens it and shows him the contents, saying, “*Oh, nothing really important. Just a satellite telephone, a global positioning device, a compass, a water purifier, and some seeds.*”

What kind of response do you think this imaginary FedEx worker had upon seeing the contents?

In our sermon series, Pastor Brandon stated that one of life’s key truths is: “*Where God Guides, God Provides*” and illustrated this truth with the story of Israel’s time in the wilderness. We find that Jesus emphasized this great truth as He taught during his earthy ministry.

BOOK: Matthew 6:25-34

Mat 6:25 "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?"

Mat 6:26 Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to Him than they are?

Mat 6:27 Can all your worries add a single moment to your life?

Mat 6:28 "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing,

Mat 6:29 yet Solomon in all his glory was not dressed as beautifully as they are.

Mat 6:30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, He will certainly care for you. Why do you have so little faith?

Mat 6:31 "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?'

Mat 6:32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.

Mat 6:33 Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.

Mat 6:34 "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

LOOK:

For the believer, can worry be a part of our life? Would you differentiate between “healthy worry vs. unhealthy worry”? How?

Jesus tells us that there are several reasons why worry should be managed:

1. What does Jesus mean when He says, "Life is more than food"? How does the "gift of life" relate to the necessities of life?
2. In the economy of the animal world, we find that most live on a day-to-day sub existence. Why did Jesus think this knowledge would help us to worry less?
3. According to verse 27, how much gain is found in the practice of worry?
4. New Testament scholar, R.H. Mounce once said, "Worry is practical atheism and an affront to God." How is this statement true?
5. What does the beauty of God's creation teach us about His ability to provide?
6. What words would you use to describe how God provides for His own children?
7. How does excessive worry about tomorrow cause us to lose out on the purpose of today?
8. What is the difference in the passions of those who are without God and those who follow Him?

TOOK:

In what area(s) of your life do you find it difficult to trust God?

Consider a recent time when God has shown up and provided for you in an unexpected way. What did you learn?

How are your needs more important than the needs of birds and flowers? Would God agree with your answer?