



BECOME A PERSON OF WORSHIP, NOT WORRY

SUMMARY:

Everybody worries. Worrying is a natural part of life. It can become a problem, however, when it dominates our thinking. When worry gets in the way of our worship of God, we need to take time to reevaluate our lives.

First, let's remember that Jesus tells us not to worry. He knows that excess worry can negatively affect our physical and mental health. It can also sabotage our interpersonal relationships. Worry takes our minds off God, and this leads to sin. Again, worrying in and of itself is not necessarily sinful, but if it becomes an idol that takes the place of God in our thoughts and lives, then it is sin.

The good news is that God the Father doesn't simply tell us to quit worrying. Instead, God lovingly comes alongside us and points us to a better way in Jesus. Through the power of the Holy Spirit, we can replace our worry with worship. We do this by (1) seeking the kingdom of God, (2) embodying God's kingdom through the power of the Holy Spirit, and (3) being thankful. Set your minds on things above.

DISCUSSION QUESTIONS:

Recall the past few months of life and think ahead to the holiday season we are entering into. *What are some worries that have come up in your life? Have these worries grown so large that they are impeding your life in any way? Who can you share these worries with so that you can be encouraged?*

Read Matthew 6:25-30.

These verses describe the thoughtful ways God cares for the birds and the flowers. What are some other ways you see God's care in nature?

What are some ways God has cared for you?

What makes it hard to trust that God will care for you?

Read Matthew 6:31-32.

How does God know your needs?

Why does God want to meet your needs?

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FINDING FAITH IN LIFE'S DIFFICULTIES

What is the difference between needs and “greeds”?

How does God use people to meet the needs of others? (Think about the ways TC has met needs in our community and world. Think about the ways people have shown up for you in your time of need.)

Read Matthew 6:33.

What is the Kingdom of God? How do we seek it?

What does it mean to live righteously?

The word “righteous” in the Bible is closely tied to the word “justice.” (Consider Amos 5:24). How do you see the connection between living righteously and justice in your life?

Read Matthew 6:33-34.

Why does Jesus say not to worry about tomorrow?

Read Romans 14:17.

The church in Romans had Jews and Gentiles. The Jews were used to following kosher eating laws, while the Gentiles generally ate what they wanted to eat. This caused division as some Jews were expecting the Gentiles to follow the Jewish eating laws. How does Paul combat this line of thinking in this verse? Why does he see the need to address this topic?

What is actually important in the Kingdom of God? How does unity within diversity express this?

Read Philippians 4:6-9.

Take some time to share what you are thankful for.

End your time by praying the words of the Lord’s Prayer (Matthew 6:9-13)

Pray like this: Our Father in heaven, may Your name be kept holy. 10 May Your Kingdom come soon. May Your will be done on earth, as it is in heaven. 11 Give us today the food we need, 12 and forgive us our sins, as we have forgiven those who sin against us. 13 And don’t let us yield to temptation, but rescue us from the evil one.