



JESUS SAID...

Jesus Said – Why Do You Worry?

Date: Sunday 22nd October 2017

Speakers: Michael Munson & Cap Ramdas-Harsia

Key Verses: Matthew 6:24-34

Summary

- In the context of generosity there can be many obstacles to following Jesus into a generous life like his. One of them being worry and anxiety.
- The talk began with bringing up the topic of worry and how it pervades society. Then reminded us that it is Jesus telling us not to worry, that we need to remember it's the guy who lived life perfect, and knows us perfectly, so he probably knows what he is talking about.
- We covered 4 main questions that help us realise that we have a divided heart over truth, and it is the main reason we struggle with worry:
 - Who is God?
 - Is God in control?
 - What is your relationship with God?
 - What do you want?

Questions for small groups

- After you read the passage what stands out to you?
- If you were to summarise the passage in your own words what would you say?
- What are some things you know bring worry into your life? (i.e. situations, certain people, etc.)
- Do you know why those things make you worry?

- There are some common questions that can help us trace our worry and anxiety to the source or root of the problem:
 - Who is God? Is he good, does he want good for me?
 - Is God in control? Do I think that he is control? How does that affect my worry?
 - What is your relationship to God? Do I believe he is my Father, and I am his child?
 - What do you want? Is my chief ambition, the kingdom of God? If it was how would that change my life?

To ponder or pray about this week:

- What do I worry about? What is Jesus saying about that thing?
- What questions do I need to ask of my worry to get at what is the underlying issue?
- Is there an area of my life that needs to be reoriented towards the Kingdom of God, and God's rule and reign in that area of life?