



Firm Foundations

Following the way of Jesus

Do Not Worry

Date: Sunday 8th August

Speaker: Mike Gowen

Key Verses: Matthew 6:25-34

Talk Summary:

- Worry is tormenting ourselves with disturbing thoughts; Jesus does not want us to live in torment, so he urges us not to worry.
- In Jesus' day key issues which people worried about were food and drink and clothing. These are still relevant today, especially in Birmingham, where deprivation levels are very high.
- We can help people not to worry about the basic needs of life by reaching out to them in compassion, through involvement in foodbanks and other charitable activities.
- Jesus gives us three strategies to counter worry (whatever it may be that worries us today). These are like vaccines, but with no undesirable side-effects:
 1. Develop a relationship of trust with God where we know that he sees us as valuable and therefore is aware of what we need.
 2. Seek God's kingdom and his righteousness. That means seeking to live rightly, living God's way; seeking peace, both inwardly and relationally; and seeking joy and thankfulness.
 3. Do not worry about tomorrow. We have a dustbin inside us which holds only one day's troubles, and we need Jesus to empty it out each day. Otherwise it overflows and becomes rank. In particular, we need to empty out each day all residue of anxiety, anger and despair.
- Each of these three vaccines is highly effective against worry; and all of them can be used together.

Worship

Worship is not just singing, it is thanking God for who he is and what he has done and is lived out through a life of trusting obedience. Discussing this together is an act of worship.

(Small group worship resources can be found at bvc.so/sgworship)

- What are you thankful for this week?
- Where has God been at work in your life?
- When have you taken risks in faith and obedience this week?

If you have a time of singing you can skip the above questions but please do ask this question each week:

- What has God been speaking to you about this week? *(Go around the group quickly don't spend a long time on it)*

Discussion Questions (choose some which are most relevant to your group)

1. What causes most worry in your life? When does worry hit you hardest?
2. What strategies have you developed for countering worry? Which of the three vaccines will you find useful as an antidote to worry?
3. What can you do practically to help other people in your city avoid worrying about not being able to supply the basic needs of life such as food and clothing?

Witness

We want to be investing in authentic relationships with those who don't know Jesus yet and inviting them to anything where they might meet other Christians and Jesus. Pick one of the below each week:

- How would you share what you have learned with a non-church friend?
- What church events coming up would your friends appreciate an invite to?