

Lifegroup Discussion Guide

Sermon Title: **Stop Worrying**

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Focus of today:

God wants us to experience a quality life. Stress and worry robs us of this. Be encouraged to hold fast to your confidence in the Lord and cast all your cares and anxieties on Him - Because He cares for you!

WELCOME: Start Talking: Has there ever been a time when you really worried about something and then what you worried about never happened?

WORSHIP: Do a praise and/or worship song as people shift their focus from each other to the Lord.

WORD:

Matthew 6:25-34 (NKJV)

25 "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?"

26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?"

27 Which of you by worrying can add one cubit to his stature?"

28 "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;

29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these.

30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?"

31 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'"

32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

- Put the word **"quality"** in here (it will not change the meaning of the text);
- Is not **quality life more** than food and **quality body** more than clothing?
- Later in this passage He gives us two illustrations to make His point:
- He talks about how God **feeds the birds of the air** and **clothes the lilies** of the field!
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- What was Jesus really talking about here – **is it just food and clothes?**
- **No!**
- Jesus is expressing God’s desire for you to have a **quality life free from worry and stress!**

Q: What things are there in your life and schedule that are robbing you of quality in life?

Q: Are there practical ways in which we can deal with these?

1 Peter 5:7 (NKJV)

⁷casting all your care upon Him, for He cares for you.

- Casting means “throwing forcefully” in the original Greek.
- We have been casting (throwing forcefully) the wrong thing!

Hebrews 10:35-39 (NKJV)

³⁵Therefore do not cast away your confidence, which has great reward. ³⁶For you have need of endurance, so that after you have done the will of God, you may receive the promise:

- We are casting away our confidence instead of casting our care upon the Lord!
- The enemy is after your confidence in God!
- If satan can get you to lose your confidence in God and who He is – you will lose your reward!

Q: In what ways have the enemy been stealing your confidence?

Q: What practical steps take we take to cast our cares on the Lord, rather than casting away our confidence?

GREATER WORKS:

- **Friday is a great opportunity to prioritize and strengthen our relationships with food and fellowship at our Heritage Day Feast.**
- **If you haven’t attended our “Meet The Pastors” diarize 17 September so that you can complete the next Discover Your Gifts.**
- **YOU HAVE SOMETHING POWERFUL YOU CAN USE: WORD OF MOUTH! Who are you bringing to church over the weekend?**
- **Let’s pray for all three services on Sunday.**

