

Life Group Homework

FREE FROM THE TYRANNY OF WORRY

Matthew 6:25-34

Let's Get Started:

Matthew 6:25 begins with “Therefore” (ESV) or “For this reason” (NASB). It begins this way because Matthew is referring back to the previous verse where Jesus states that a Christian’s only master is God. In other words, Jesus is saying, “**Because God is your master**, I tell you, do not be anxious about your life...” Some people prefer to think of themselves as “disciples or students” of Jesus; however, Jesus uses the term “Master.”

What does “God is your master” mean to you relative to your desire to live out your life as a disciple of Jesus?

Let's Dig In:

Is worry a sin?

(Note: As you ponder this question, ask yourself if Jesus is simply suggesting that Christians are not to worry—or is he commanding us not to worry? We often say that the Ten Commandments are not the ten suggestions, don't we?)

In his message, Pastor Jerry reminded us that worry is a “waste of time and energy.”

How does worry lead to wasting time and energy?

Read Matthew 6:24, 28-30. Consider the following statements:

“Worry is fuelled by a lack of faith in God.”

“Worry says that you fear that God CANNOT be trusted, so you expect the worst outcome.”

Do you agree or disagree with either or both of these statements? Why?

Three Spiritual Disciplines

In verses 33-34 Jesus reveals what the whole world wants—the antidote to worry. But the antidote Jesus reveals is not something He magically does for us. *The antidote is only effective when we practice what he teaches.*

Spiritual Discipline #1: SEEK GOD FIRST.

“But seek first the kingdom of God and his righteousness...”

Note: The Greek word for “first” in this passage is “proton.” It means “first in time or first in order.” Jesus is teaching us that His prescribed antidote to worry starts to have an immediate effect on our state of mind when we seek God **BEFORE** we start to worry.

What about the word “First” challenges you the most? What types of things get first position in your life?

Spiritual Discipline #2: EXPECT GOD TO PROVIDE ALL YOUR NEEDS.

“all these things will be added unto you...”

Read Philippians 4:19. Notice that when you read this verse you may discover that your mind automatically makes a substitution that is not intended. The apostle Paul says God will meet all your _____.

What word does our mind automatically substitute for the word “needs?” _____.

In your group time this week, ask someone to lead the group in saying the following prayer together out loud: **"God, make me only want what I need, and only need what You want."**

Spiritual Discipline #3: LIVE ONE DAY AT A TIME.

"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble." Note: This third spiritual discipline is not one we usually think of as a discipline. But remember, Jesus' antidote for worry is only effective when we practice what He teaches us.

Worrying about yesterday:

Some of us live in a worried state of mind because we're still hounded by yesterday's regrets.

Read 1 John 3:19-20. Sometimes our hearts condemn us falsely and we need to be reassured that God's forgiveness of past sin is complete.

Take a moment to ask if anyone would like prayer to overcome worry over past regrets. Share only as much as you are comfortable with.

Worrying about tomorrow:

Some of us are paralyzed with fear and worry about what tomorrow might bring.

Read Philippians 3:13 and 1 Timothy 4:10. The Bible shows us that a peaceful state of mind about tomorrow begins today with a commitment to practice the spiritual discipline of living one day at a time—by FAITH—not by sight.

Take a moment to ask if anyone would like prayer to overcome anxiety and worry over something they fear that is in their future. Share only as much as you are comfortable with.

Let's Live It Out Together:

It has been said that *"Worry is a thin stream of fear that trickles through the mind, which, if encouraged, will cut a channel so wide that all other thoughts will be drained out."*

If worry should not be the believers normal and consistent state of mind—what should be normal?

Hint: Read Philippians 4:11-12 and 1 Timothy 6:6-8.

**If you could make a commitment to stop worrying about something for the rest of the week—
what would you stop worrying about?**

**As a result of study this week, what is something tangible that you could do to begin not
worrying?**

Just for encouragement this week....

Deuteronomy 6:4 describes God as the only God and the sole creator of all things. We worship Jesus, the Son of God, because He is first — above all rule and authority — and He alone is worthy of the first position in our lives. Amen?