



## PART 4: Worry Not

### INTRODUCTION

The early Christian church was a “resurrection religion”—it was motivated less by a set of rules than by the event of Jesus’ death and resurrection. During his earthly ministry Jesus initiated a New Covenant based on love instead of rules. But that doesn’t mean he threw out the rules. In fact, he passed along an odd assortment of new commandments that sounded unreasonable . . . until he initiated and punctuated this New Covenant by dying on a cross and then rising from dead.

### DISCUSSION QUESTIONS

1. When you face a worrying situation, do you tend to take action or to be more passive? What are some advantages and disadvantages to the way you respond to worry?
2. Read Matthew 6:27. We all know intuitively that what this verse says is true, so why is worry such a problem for so many people?
3. *“When worry rises, say it out loud: ‘I’m worried about tomorrow. God knows what I need and is waiting on me tomorrow.’”* Respond to that statement. Does it seem too simple? Why or why not?
4. Think about some of the things that cause you to worry. What are some of the costs of spending your time and energy worrying about those things?
5. Read Matthew 6:30–34. What are some obstacles to you believing what Jesus said about trusting God? How would your life be different if you believed him?
6. What is something that worries you right now? What can you do this week to declare your trust in God, relabel your worry as “tomorrow,” and participate in what God is doing today? How can this group support you?

### MOVING FORWARD

When you’re tempted to borrow from tomorrow, look for a way to participate in what God is doing today. Begin your day declaring your trust in God. This is a way to seek first God’s kingdom. Before worry starts whispering in your ear, start trusting your heavenly Father who loves you. It is the greatest habit you can develop. Do not worry. What has worrying ever done for you?

### CHANGING YOUR MIND

*“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?”*

**Matthew 6:26–27**