

## Today's Theme

# “Stop (Limit) Worry”

2/8/15

Matt 6:24 “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. 25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 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? 27 Can any one of you by worrying add a single hour to your life? 28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

## What We Learn

1. Worry is a \_\_\_\_\_ of time!
2. What we worry about is \_\_\_\_\_ were devoted to!
3. Is what I'm worried about \_\_\_\_\_ it?

### DISCUSSION QUESTIONS

1. What do you worry about most? Are they a good reflection on what you value most in life?
2. How have you tried to manage your worrying in the past?
3. How has this principle of “YOU CANNOT SERVE TWO MASTERS” been reflected in your life?
4. How might worrying reflect a lack of confidence in God?
5. If the things you're most devoted to fuel the things you worry about the most, what does that tell you about what you're most devoted to?

### Challenge 2015

1. \_\_\_\_\_ “Why Worry” - 3 parts!
2. Get \_\_\_\_\_ other people to watch it with you!
3. Watch what Jesus does with us \_\_\_\_\_ out!