

2. **Trust your Father in heaven knows you and cares for you.**
Look at the birds of the air ... your heavenly Father knows ... for the pagans run after all these things...

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! **1 John 3:1 (NIV)**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
Philippians 4:6 (NIV)

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. **1 Peter 5:6-7 (NIV)**

When I said, "My foot is slipping," your unfailing love, Lord, supported me. When anxiety was great within me, your consolation brought me joy. **Psalms 94:18-19 (NIV)**

I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. **Philippians 4:12-13 (NIV)**

- prayer
- gratitude
- simplicity

3. **Build your life on the teaching of Jesus.**
But seek first his kingdom and his righteousness

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand.
²⁷ The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."
²⁸ When Jesus had finished saying these things, the crowds were amazed at his teaching, ²⁹ because he taught as one who had authority, and not as their teachers of the law. **Matthew 7:24-29 (NIV)**

So let go my soul and trust in him. *-It Is Well*

THE INCREDIBLE STORY OF GOD'S AMAZING LOVE

ACT 3: THE FULFILLMENT

TRUST AND WORRY

Matthew 6:25-34

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.

1. Stop worrying.

Do not worry about your life ... Can any one of you by worrying add a single hour to your life?

Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.... 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. **Matthew 6:19-21, 24 (NIV)**

(continued on the back page)

SMALL GROUP DISCUSSION QUESTIONS—WEEK OF FEBRUARY 9, 2020 THE FULFILLMENT—TRUST AND WORRY

CONNECT

- In general, what do you spend more time thinking about, what you eat or what you wear?
- What do you think people in other countries worry about?

SPIRITUAL PRACTICE: Music Meditation - *It is Well*, sung Lisa Pittman from the Playlist. Find it on Spotify or Itunes, or on YouTube by Kristene DiMarco. Be sure to print lyrics from Leader Notes for the group to use as they listen.

Listen prayerfully: Take time to quiet yourself. Ask Jesus to speak to you as you listen to *It is Well*. Circle the words that stand out to you.

Individually: (Journal your thoughts)

- **Reflect:** Considering your own soul, with all your concerns, what is most troubling to you?

- What do you hear Jesus saying to you about your life and concerns today?

- **Respond:** Spend a moment writing a prayer to Jesus about whatever you are sensing is going on in your soul.

Together

- **Share:** What words do you feel drawn to as you listened to *It is Well*? How does this connect with your life?

SCRIPTURE REFLECTION: Questions to stimulate discussion

- Read Matthew 6:22-34 aloud. What stood out to you from this week's passage or message?

- What do you think Jesus wants his followers to know about life, about trust, and about God's Kingdom? What is it about nature that makes it a good metaphor for this teaching?

- What do you think Jesus would say is the antidote to our worries today? How feasible or realistic is that for us? Why?

(SCRIPTURE REFLECTION continued)

- If you were to take seriously this passage, how would it affect your life? If our church community were to live out this teaching of Jesus, how would it affect our life together?

- What do your worries reveal you are actually seeking, i.e. security, significance, power, control, etc? In what way do your worries lead you closer to God or away from God?

- How do we learn to trust God daily? Why don't we?

- If you could wave a magic wand over all the things you worry about and they were no longer present in your life, how would you live your life?

- Look up the word seek. What does it mean? What does "seeking" something require? Why do you think Jesus uses that word in connection with God's Kingdom?

- Since worry and anxiety are pervasive in our society, what do you think we gain by worrying? What do we lose? What do we gain by seeking God's Kingdom? What do we lose?

PRAYER and BLESSING: Share current joys, hopes, or challenges

Pray for one another: How can you help one another in seeking God's Kingdom before your own?

Closing Benediction: (Adapted from *Journey with Jesus*, L. Warner)

Lord Jesus, Help us to know you, to love you, to follow you. Help alleviate our fears and fan the embers of trust within us...Remind us that you are the Way, the Truth, the Life and apart from you there is no life, but with you and with you alone is fullness of life, life everlasting. AMEN

DAILY PRACTICE—Continue to spend time with God daily (see Reading Plan or APP). Pause for a moment each day to observe something in nature that reminds you to trust God's love, presence, and care for you.