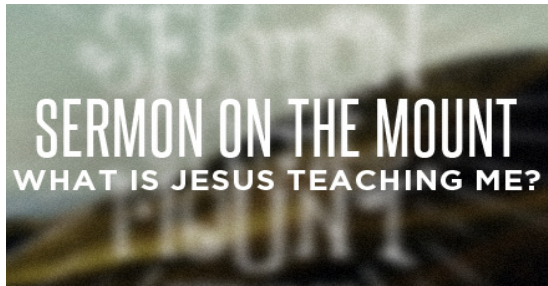


# Lessons for Life



## Week 7

These weekly studies are loosely based on the previous Sunday's sermon. If you missed it, you will find a recording on our website ([www.knaphillbaptist.org.uk](http://www.knaphillbaptist.org.uk)). They are designed for both Home Group discussion and/or personal reflection. Don't necessarily try to cover all the questions and discussion topics in your group at one sitting. You may like to think about them later in your own time.

## LIVING FOR TODAY



### Read Matthew 6:25-34

This is the seventh in our series of studies based on the Sermon on the Mount, (Matthew 5-7) entitled *Lessons for Life*. These chapters contain various sayings of Jesus that together form a coherent body of teaching. If we are to be true and authentic followers of Jesus we need to model our lives on what Jesus says here and allow it to shape, inform and define our identity. Jesus speaks here about how Christians are to live in the world and cope with life's temptations and pressures. Even though there is always plenty to worry about in life, Jesus tells us in these verses not to worry and the reasons why. But he knows us and so gives us some helpful ways of coping with our inevitable worries.

### Questions and pointers for discussion/reflection

1. Are you a worrier? Do you get anxious about things. Share/list what your main areas of worry are? Is worry a characteristic of society today? Are people more anxious than they were? Why might that be?
2. Jesus tells us not to worry about the basics of life (vs. 25-27). Why?
3. How does worry affect us? See Proverbs 12:25 and Psalm 37:1,8. How can worry lead to evil? How does it stunt our spiritual growth?
4. God has made us many promises to provide for us. Read 2 Corinthians 9:8-11; Ephesians 3:14-20; Philippians 4:19. How can we square this with the fact that so many people in the world go without many of the things we take for granted?
5. Read Psalm 23 and reflect on God's providential care.
6. God values all life and cares for all he has made (see Psalm 145:9). He cares about the make-weight sparrow (Matthew 10:29). He values every single soul (John 3:16), knows how many hairs are on our head (Matthew 10:30) and knows what we are going to say before we say it (Psalm 139:1-4). Because God values us so much we can trust him with everything (see 1 Peter 5:7) so does that mean if we worry we are guilty of not trusting and the sin of unbelief and disobedience?
7. Jesus knows that we do worry and gives us two helpful ways of coping with our worries. The first is to make living for God our priority in life. *'Steep your life in God-reality, God-initiative, God-provisions'* (v.33 The Message). How can we do this? How can we make God's priorities our priorities? What might have to change in your life? How does this help us not to worry?
8. The second is to live one day at a time (v.4), to focus on now. How does this help us with worry? Is it possible to live like this?
9. Is there ever any point to worry? Can anything constructive or positive come from our concerns and anxieties?

*'Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. Its wonderful what happens when Christ displaces worry the centre of your life'* (Philippians 4:6,7 The Message).