**Sermon Notes – Sunday 14th January**

**‘Stop worrying and start living’ Matthew 6:25-34**

**Introduction**

Everyone is a worrier in one way or another. There are multiple concerns that tempt us to be anxious and worried. In his teaching, Jesus calls us to be counter cultural in the focus we give to our lives. He calls us to a higher and more noble ambition.

* What do you tend to be most anxious about (i.e what worries do you struggle to keep under control)?

This passage starts with the words, ‘Therefore’ referring to the previous section of teaching.

* What is the connection between ‘storing up treasures on earth’ and being anxious (worrying about our lives)?

There are many passages of scripture that tell us to not be anxious (Phil 4:6, 1 Peter 5:7).

* Why is this important? What effect does worry have on us?
* How do the illustrations of God feeding the birds and the lilies of the field give the practical truth that God cares and provides for our needs? Can you give a personal example of God’s provision?
* Worry reveals something about our hearts. In what respect is worry rooted on unbelief (Where do you find it hardest to trust God)?

In verse 33 Jesus gives the remedy to anxiety.

* What does it mean **to seek first** the Kingdom of God? What does this word, ‘first’ do to our understanding and application of His teaching and how is this a cure for anxiety and worry?
* What strategies do you have to deal with your anxiety?
* What worry will you entrust to God today and thereby show that you are depending on Him as your refuge and strength (Ps46:1)?

**Support one another in your Life Group in prayer especially those who have shared their deepest worries and causes of anxiety that we may all learn to seek first His Kingdom and trust in Him for all we need.**

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