

**MOOREBANK – HAMMONDVILLE ANGLICAN CHURCHES**  
**SERMON OUTLINE –18 September 2016**  
**Matthew 6:25-34 ~ Worry**

**Don't worry be happy!**

**False trails in dealing with anxiety**

- Self Medication
- Self distraction

**Jesus God centred view of all things ~ v25-32**

- God provides
- God loves
- God knows

**Seeking first the kingdom and his righteousness ~ v33-34**

- Priorities
- Prayer – Phil 4:6-7; 1 Peter 5:7; Hebrews 13:5

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### QUESTIONS FOR DISCUSSION OR REFLECTION

Matthew 6:25-34

1. What do you worry about? Over the next week keep a list of the things you find yourself concerned about or preoccupied with?

#### *Thinking about God*

2. God provides. Where else in Scripture do we see that God is the one who provides for his people? How are we to respond? You may want to look at Lev 25:18-24; Deut 8:1-5 & 15-17; 2 Kings 4:42-44.
3. God loves. Are you convinced God loves you? What persuades you of this? You may want to look at John 3:16; Romans 5:8; 1 John 4:10. Why does Jesus say we are much more valuable than the rest of creation? (6:26)
4. God knows. Read Matt 6:31-32. Are you convinced God knows what you need? When do you find it hardest to trust this? You may want to look at James 4:1-10.
5. How does a God centred perspective on all things help us combat worry and anxiety

#### *Seeking first the kingdom*

6. Rather than worry, Jesus tells us to 'seek first his kingdom and his righteousness' (v33). In what ways do you try and demonstrate the priority of Christ's kingdom in your life?
7. Priorities. What does it mean for something to be first priority? Is living under Christ's direction and authority the top priority in your life? What are your growth areas where your life could increasingly reflect the righteousness that comes from living with Christ as Lord?
8. Prayer. Read 1 Peter 5:7; Philippians 4:6-7 and Hebrews 13:5. Why not memorise these verses as an aid to calling upon God in times of worry and as a reminder to constantly thank God for his provision for us in every way.  
Pray!