



Home Group | Worry | Luke 12

Luke 12:22-34

²² Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. ²³ For life is more than food, and the body more than clothes. ²⁴ Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! ²⁵ Who of you by worrying can add a single hour to your life^[a]? ²⁶ Since you cannot do this very little thing, why do you worry about the rest?

²⁷ “Consider how the wildflowers grow. They do not labour or spin. Yet I tell you, not even Solomon in all his splendour was dressed like one of these. ²⁸ If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! ²⁹ And do not set your heart on what you will eat or drink; do not worry about it. ³⁰ For the pagan world runs after all such things, and your Father knows that you need them. ³¹ But seek his kingdom, and these things will be given to you as well.

Philippines 4:4-7

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious (or worry) about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1) Why we should not worry

- Jesus commands us not to do it
- God cares for his creation and we are his most treasured possession
- Worry accomplishes nothing

Question: What do you currently worry about?

2) What to do when worry hits

- Step back and get perspective. Rejoice.
- Give your worry to God in return for his peace

Question: How do you currently respond to your worries?

3) Practical life changes to help us not to worry

- Build your faith through studying and believing God's word
- Take the focus off yourself. Seek his kingdom first.

Question: Do you need to strengthen your faith in God, and learn to feel the grip of his hand as you walk beside him?

Question: Are your worries occupying top spot in your life?

Question: Is it time to put God's priorities back as No:1, and trust that he'll look after your worries?