

ACTNow! (Applying Christ's Teaching NOW) follows the weekly sermon series of TPMC, and challenges us to apply and put into practice the biblical truths we hear each week. It is the recommended Bible discussion material for TPMC's Cell Groups, and leader's notes are available to all Cell Group Leaders and at the Information Counter.

## Concerning Worry

Matthew 6:33

Rev Reuben Ng

### SERMON SYNOPSIS

- Research has shown that excessive and continuous worrying releases a chemical called cortisol which, with high amounts in our bodies, can lead to many sicknesses like diabetes, digestive problems, heart diseases, even spirally down to depression and suicide. In other words, worrying can kill a person.
- This is an area that Jesus cares about and He addresses it in Matthew 6:25-34. He mentions the word "worry" six times in ten verses. We often compare or rationalize our experiences if it is a 'big enough' thing to worry about or the 'right' thing to worry about. But Jesus says do not worry. This applies to all things – big or small.
- Is there a place for worry? We can differentiate between care/concern and worry. To have care/concern is to have an interest and place an importance on something. But to worry, is to be troubled by something. Jesus said it is futile and fruitless to worry because nothing changes with worrying (Matthew 6:27).
- The first solution is to agree with the words of Jesus, that we do not have to worry about our life or about our future (Matthew 6:25,34). Secondly, we are to strive first/ put above all else/ seek the kingdom of God and the righteousness of God – i) the kingdom of God: to place ourselves under the rule of God; under the influence and authority of God (not let worry rule or influence us), ii) the righteousness of God is the requirements of God; to do what He requires of us.
- The Creator God holds the world together and takes care of birds and grass. We are worth more than birds and grass and can be assured that God will provide for all our needs because He is able and agreeable (Matthew 6:33). He proved this when Jesus died for us.

### DISCUSSION QUESTIONS

1. On a scale of 1 to 10 (1 – Very peaceful, 10 – Very worried) what is your "worry quotient" generally? Are there certain issues/people you worry more for than others? Intellectually we know that worrying can't change a thing, then why do we still worry?

[Children's Activity: Show the children this video on a song/rap about worrying - <https://www.youtube.com/watch?v=l7g8Atv27Q8> then ask them the following questions: i. What are some things that make you feel worried or nervous? ii. What do you think about when you are worried? iii. What is something you can do to feel better next time you are worried? Read 1 Peter 5:7 together. Pair a child with an adult/parent and ask him/her to bring his/her worries to Jesus, then get the adult to pray for the child.]

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2. What does it mean to live out the kingdom of God and the righteousness of God in our lives with regard to issues we worry about?

[Verses to help us go deeper: Psalm 45:6-7; Philippians 3:9; Galatians 3:11-13]

3. What is one thing you are worried or tend to be worried about that God wants to address? How can we learn from David, Paul and Jesus in our response today?

[Verses to help us go deeper: Psalm 34:4-6; 2 Corinthians 1:8-10; Matthew 26:37-39]

### PRAYER POINTERS

- Praise the Lord that our God reigns over all and through faith in Christ, we are righteous in God's eyes.
- Ask the Holy Spirit to remind us of God's reign and rule, and that we can cast our worries on Him because He cares for us.
- Ask the Holy Spirit to lead us in times of worry to seek God, trust Him and surrender to His will and ways in our lives.

### MEMORY VERSE

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7, ESV).

### PRACTICAL HANDLE

Every day for one week during your devotional time with God, make a list of things that you are thankful for. Thankfulness in prayer helps us focus on all the blessings God has proven true in our lives rather than worrying over the unknown "what ifs."