

Sermon on the Mount - November 3, 2024

Live Fearlessly

Matthew 6:25-34



It is only normal to live a life of worry and anxiety. It's hard not to play the "what if" game as we try to thrive in this world. With all that is happening around us how can we not worry? How can we live fearlessly?

Since Adam and Eve left the innocence of the garden, mankind has had to work hard to survive. In the verses for this lesson, Jesus uses the word "worry" or "be anxious" six times. The Greek word translated for these phrases is *merimnao*. It describes worry as the act of constantly caring or thinking about something. Can you relate? How often do we constantly think or obsess about

situations in our lives? It is normal to do so, but it is not mentally or spiritually healthy. Jesus offers us an alternative way to live.

Flying Free

Read Matthew 6:25-27.

Jesus wants us to live life "free as a bird." Young children can do that more easily than adults. They trust that their parents will take care of them and provide what they need. They, like the birds, don't have to obsess over their dinner and where it comes from.

- How are we different from the birds of the air? What are sowing, reaping, and storing symbolic of in our lives?
- Is it wrong to work hard, to plan, to save? Is that what Jesus is saying here?
- What is the difference between working at life and worrying about life?

Bloom

Read Matthew 6:28-30.

In our society, many people are obsessed with image: how we look, the car we drive, the neighborhood in which we live, the college we attend, the job we have. We desire the best house on the block, the designer bag, the cutest kids, and the prestigious position. We want to stand out and be recognized for our beauty.

- How are clothes a symbol for more than just the garments we wear?
- What is Jesus saying in these verses about beauty and striving for perfection?
- The word used in verse 30 for “little faith” also means “to lack confidence.” How does worry show a lack of confidence? How does worry show a lack of faith? Is there a connection?

Seek Ye First

Read Matthew 6:31-34.

Jesus has a suggestion for how to overcome worry. The word translated as “trouble” in verse 34 is from the Greek word *kakia*. It means badness, depravity, malice, and wickedness, not just difficulties.

- How does worrying make us more like unbelievers?
- Instead of constantly thinking about our “troubles”, where should we focus our thoughts?
- What helps you focus more on God and less on yourself?
- Jesus is aware that we are surrounded by evil, troubled by survival, and battered by our circumstances. How do His words in these verses reassure you?
- With the help of your group, list things you can do when you find yourself worrying or anxious.

Living It

Share with your group what strategies helped you last week as you focused on heavenly treasures. If you made any changes in your approach to money or the media, share how they worked for you.

This week:

Journal about things that worry you this week. Make a conscious effort to think differently. Using the list your group made for the last question, try different strategies when you feel anxious. See which are most helpful for you. Be prepared to share your results with the group next week.