

MARINERS CHURCH

Radical Peace in a Time of Worry

3.29.2020

A relationship with Jesus Christ gives me the capacity to work through situations like this with a whole different kind of peace.

When I worry I choke the life out of life.

"Do not worry about tomorrow, for tomorrow will worry about itself." - Jesus, Matthew 6:34

"I tell you, do not worry about your life..." - Jesus, Matthew 6:25

What Jesus says about worry...

Worry is useless.

"Who of you by worrying can add a single hour to his life?" - Jesus, Matthew 6:27 (NIV)

"Which of you by worrying can add a single inch to his height?" - Jesus (Matthew 6:27, KJV)

Worry is needless.

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" - Jesus, Matthew 6:26

"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?" - Jesus, Matthew 6:28-30

Worry is faithless

The amount of my worry is a comment on the size of my GOD.

"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs." - Jesus, Matthew 6:31-32 (NLT)



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How do I reduce Worry?

Trust God for today.

"And don't worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." - Jesus, Matthew 6:34

I have a father.

"...your heavenly Father knows..." - Jesus, Matthew 6:32

Change "What if?" to "Even if..."

Even if the fig trees have no blossoms, and there are no grapes on the vines; even if the olive crop fails, and the fields lie empty and barren; even if the flocks die in the fields and the cattle barns are empty, Yet I will rejoice in the Lord! I will be joyful in the God of my salvation! The Sovereign Lord is my strength! He makes me as surefooted as a deer, Habbakuk 3:17:19

"This far you may come and no farther; here is where your proud waves halt." Job 38:11

People have shifted from shock and tear to worry. What kinds of things are people worried about?

Read Jesus's words in Matthew 6:25-33.

Talk about what life was like (use a commentary or study notes if necessary) for those listening to Jesus.

Talk about how He addresses worry.

Discuss the things you see here that help give security.

What does Matthew 6:33 mean to you?

We talked about changing the "What If?" to "Even If...".

What's the difference between those two statements?

What does it take to move from "What if?" to "Even if..."?

Pray for each other's worries and stress.