

Tough Talk

Do not worry!

Read: Matthew 6:7-8; 25-34; Phil. 4:6-7; James 1:8; 1 Peter 5:7.

1. Are you a worrier? What sorts of things do you worry about? How do you cope with worry? (Basically, what is your strategy?)
2. What did Steve say was the antidote to worry? In which way is worry about “control”?
3. Do you find it helpful when someone says to you “Cheer up, don’t worry!”?
4. How does this section (Matt. 6:25-34) relate to the previous section (Matt. 6:19-24)?
5. Read v25. What was Jesus’ point when he said “Is not life more than food . . .”? Do you believe that worry is the bi-product of a materialistic outlook on life?
6. In which way is the following verse inaccurate?

*Said the robin to the sparrow
I should really like to know
Why those anxious human beings
Rush about and worry so*

*Said the sparrow to the robin
Well, I think that it must be
That they have no heavenly Father
Such as cares for you and me*

7. In which way is worry incompatible with faith? What reason for not worrying (see v25-34) do you ‘personally’ find most impactful
8. Read v33-34. In which way is Abraham Lincoln correct when he said: “The best part of the future is that it comes just one day at a time”?