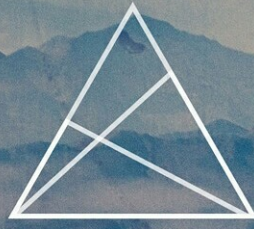


SERMON ON THE MOUNT



Sermon on the Mount: Overcoming Worry

Sunday, March 20th, 2016

In the Sermon on the Mount we hear of a kingdom that Jesus wants to establish through changed hearts and lives. Jesus speaks of the worry that finds itself embedded in our hearts.

What do you worry about the most?

If married, who is the worrier in your relationship? How has that impacted you both?

Read **Matthew 6:25-34** together as a group. It's a long enough text to share the reading between different people.

Are Jesus' words in verse 25 a command or a suggestion, and why is it important for us to know the difference?

Why does Jesus direct us to look at flowers and birds to be reminded that we have a father always there for us?

God is behind every aspect of our lives; we are not alone. He cares for us in the now and into the future. **Re-read Matthew 6:33-34** again as a group.

In what ways does worry cause us to look away from our father?

Take a moment as a group and share what do we have to be thankful for in this life?

Answering the above question first: What affect does gratitude have on your heart? How did talking about what you have to be thankful for impact you?

The burdens that worry brings don't belong to you. Your burdens belong to God. **His command to not worry is a command to let him carry your burdens.**

Are you carrying burdens that don't belong to you and what are they?