

# MESSAGE DISCUSSION QUESTIONS

JUNE 26, 2022

John and Nancy Ortberg



This week special guests John and Nancy Ortberg continued in our *Momentum* series, teaching from Matthew 6 on worry. Jesus tells us not to worry, so how do we recognize it, and how we can overcome it? The main thing is to understand that we will have trouble; in the Matthew 6 passage, we are promised them. The real issue is how to handle them—do we let them turn into a worry or decide to be closer to God as we recognize that Jesus is with us through the struggles? Jesus brings us the opposite of anxiety.

There are moves you can make to bring you closer to God and alleviate anxiety:

- One day at a time—worry always drags us into the future—“what ifs.” The now is where we find God.
- Rethink: speak to yourself the truth about what God said—in the 365 times worry is mentioned in the Bible, most of them are connected to the promise the God is with you.
- Expect trouble—don’t be surprised about it.

## SCRIPTURE

### MATTHEW 6:25-34 NET

<sup>25</sup>“Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. Isn’t there more to life than food and more to the body than clothing? <sup>26</sup> Look at the birds in the sky: They do not sow, or reap, or gather into barns, yet your heavenly Father feeds them. Aren’t you more valuable than they are? <sup>27</sup> And which of you by worrying can add even one hour to his life? <sup>28</sup> Why do you worry about clothing? Think about how the flowers of the field grow; they do not work or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his glory was clothed like one of these! <sup>30</sup> And if this is how God clothes the wild grass, which is here today and tomorrow is tossed into the fire to heat the oven, won’t he clothe you even more, you people of little faith? <sup>31</sup> So then, don’t worry saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ <sup>32</sup> For the unconverted pursue these things, and your heavenly Father knows that you need them. <sup>33</sup> But above all pursue his kingdom and righteousness, and all these things will be given to you as well. <sup>34</sup> So then, do not worry about tomorrow, for tomorrow will worry about itself. Today has enough trouble of its own.

## DISCUSSION QUESTIONS

1. What stood out from John and Nancy’s message?
2. Read Matthew 6:25-34. What do you learn about worry?
3. How does God provide in nature, and why should that counteract anxiety in us?
4. What are you currently facing that brings you worry? Look at the three moves that can bring you closer to God and distance you from anxiety. Which of these can you employ to move away from your worry?
5. What will change in your life if you worry less and move closer to God instead?
6. How can we pray for you?

## PRAYER

Thank God that his promise of being with you during the hard times is enough. Pray to be able to settle into a place of knowing provision, like the flowers in the field and the birds in the sky. Surrender the worry you are carrying and take up the peace of Jesus in its place.