

SYNOPSIS

Who doesn't worry? We all worry – some more than others. It is helpful to make a list of the things you worry about, and the days or weeks later, look at it again and come to realize that next to none of it ever happens. Our worry and anxiety can't change a thing. Yes, there will be problems, suffering and even death. We know this as fact. The key is to recognize the opportunity to grow in our relationship with the Lord through our worries, problems, suffering and even death.

When faced with problems, most of us are task oriented and get right to it. If we take some time in silence, prayer and reading first, allowing God to guide the agenda of our day, we may find ourselves becoming more effective. See each day as an opportunity to become a slightly better you, focused on your progress, doing the right thing, developing character, finding your talents and mission, being disciplined, especially in spending time with Jesus. He will guide you in all things.

DISCUSSION

1. Read Matthew 6:25-33. This is a portion of the Sermon on the Mount. Jesus is speaking to the crowd. What do you think is the key point of this passage?
2. How do you respond to the problems, challenges, worries of your life? How would you like to respond to these things in the future?
3. When you think of the things you worry about, are there particular virtues you may be able to grow in?
4. Do you find that you worry more when you have not had a disciplined time of prayer and scripture reading?

Catch yourself when you worry. Take time to pray and reflect on what you could do, or could learn from the situation, as you trust God. See each day as an opportunity to seek God's guidance first, then follow His lead to do the right things, not just the urgent things. Look for the good in others, yourself and in situations. Express your gratitude to God and others. See each moment of each day as an opportunity to share God's love and goodness with every person that crosses your path.

REFLECTION



Other scriptures to consider

Phil 4:6-7 Be anxious for nothing, but in everything with prayer and thanksgiving, let your requests be made known to God and the peace of God that surpasses all understanding shall guard your hearts and your minds in Christ Jesus.

John 13:34-35 A new commandment I give you, that you love one another as I have loved you, you also love one another. By this all men will know you are my disciples, if you have love for one another.

Perfectly Yourself

Chapter 9

Why Worry?

Do Not Worry

12:22-31

1 John 4:7-8 Beloved, let us love one another, because love is of God' everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love.