

WORSHIP

SUGGESTED WORSHIP SONGS:

I'm Still Standing, In Jesus Name, Day by Day, Great is Thy Faithfulness

WELCOME

Worry Not. What worries you the most? Share briefly the reason for your worrying.

WORD

MATTHEW 6:25–26

“For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?”

WHO IS OUR MASTER?

Anywhere in the world, people worry mostly about money, health, the future and dying. Jesus commands His disciples to not worry. This command is not to make us unhappy but given for our own good because worrying affects our well-being. Medical studies discovered that people do not die by overwork or problems but because of over worrying. When we worry, our cortisol level goes up and it affects our immune system, our digestive system, our blood pressure, and many other internal organs of our body. As the Bible says, worrying will not make us live longer (**Matthew 6:27**).

Worrying is perhaps one of the sins most committed by many Christians. It is a serious sin because it is like telling the Lord that we do not believe Him and that we do not trust Him. But true Christians understand that God is our Father who desires the best for us.

The Bible tells us that we cannot serve two masters. We must choose between God and wealth. If we serve anything other than God, we will be full of worry because nothing can give us full security aside from God.

GOD WILL TAKE CARE OF US

How will we obey the command not to worry and claim the promise that God will take care of us?

Learn from the birds of the air, they do not worry, instead they sing after a storm. Not worrying does not however mean we will not work. Birds are not lazy, they get up early in the morning to work, then God provides for their catch. If God does not forget a single one of the sparrows, a bird which is apparently so common and cheap (**Luke 12:6-7**), will He not also

take care of us who are more valuable? If you are worried now about your career, health or your future, God is telling you, stop worrying, He will take care of you because you are His child.

Look at the flowers in the field (Matthew 6:28-30). God takes care of them. If you think King Solomon is rich, the flowers are dressed better than him. If God clothes these flowers who are here today and gone tomorrow, will He not much more clothe us?

Remember, God did not spare His only begotten Son but gave Him up for us, why will you not trust Him for other minor things (**Romans 8:32**)?

Know the Lord and put your faith in Him. Faith is the key to solving the problem of worry, but unless we know the Lord, it is hard to put our faith in Him. The root problem why people worry is because they do not know the Lord. A true follower of Jesus knows Him and believes that He is faithful.

Focus on God and trust Him (Psalm 56:3-4). When we get out of focus, we start to fear because we see more of the problem, the people and ourselves. Fear and concerns are triggers for us to take action and to trust God. But if fear is prolonged and severe, it can turn into the sin of worrying. Worry and trust cannot go together. When we are focused on God we will trust Him and not worry.

Read the Word of God and meditate on it (Romans 10:17). No shortcuts. Commit to read the entire Bible once every year. When you read the Bible, you will come to know Jesus more and you will grow spiritually. Going to church every Sunday is never enough. If you want to please God, and obey Him, read the Bible and meditate on His Word.

WORD (cont'd)

Do not be a “Christian atheist” who claims to be a Christian but acts as though God does not exist. Don’t be like the Gentiles (**Matthew 6:32**).

WHY CAN WE TRUST GOD?

We can trust God because He is our Heavenly Father. When we were born, we have a childlike faith, we do not worry but believe that somebody will take care of us. But as we grow older, we begin to worry. This is why it is important to recover how it is to have childlike faith, do not worry because God our Father will take care of us.

God will supply all our needs (**Philippians 4:19**). Instead of worrying about food and life, trust God like the widow who trusted and obeyed God through Elijah. She and her household received God’s

provision according to His Word (**1 Kings 17:12-16**). We will never experience the sufficiency of God until we obey by faith.

Seek first His kingdom (**Matthew 6:33**). It means Jesus is the King of our entire life so then we become concerned about His agenda which is to tell people that He indeed is the Lord and King of all.

Seek first His righteousness is to follow the way God wants us to live. We are made righteous by our relationship with Jesus therefore we live out His righteousness and a life pleasing to Him.

If we seek His kingdom and His righteousness, all our needs shall be added to us. Be anxious for nothing but pray and trust Him in everything (**Philippians 4:6**).

DISCUSSION QUESTIONS:

(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)

1. **Worry Not.** Why should we not worry according to **Matthew 6:25-26**? Why is worrying a sin?
2. **He Cares.** When was the last time you personally experienced God taking care of you? How did it impact you?
3. **I Will.** What obstacles hinder you to stop worrying? In what ways will you divert your worrying to trusting?

WORKS

PRAY CARE SHARE IN ACTION

This week, use the topic about “worry” as a talking point to share Jesus with a friend and a family member. Ask them about what makes them worry. Bring out the root cause of worrying, which is not knowing who truly God is. Use **Matthew 6:33** to share the gospel to draw them to God.

Ask your small group or your accountability partner about your intention to lead one or more people to Jesus this week, Share your experience in your small group in your next meeting.

WEEKLY PRAYER POINTS

I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives

II. Country and the World

- Upright and moral governance of Public Servants and a God-centered Philippines
- Repentance and Salvation

III. Church

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

V. Personal Concerns

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends