

Don't Worry, Mama

Matthew 6:25-34

Big Idea: Worry tells God "I can't trust You." But if God sacrificed His Son for you, won't He care for every detail of your life? Cast your burdens on Him daily. Don't let anxiety steal today's strength. Trust His sovereign care.

Main Points

1. Worry is "God-forgetting" - We forget who God is and what He's done
2. Anxiety is a symptom of a divided mind - trying to serve God while trusting in our own control
3. God knows every detail of our lives - He cares for the birds; how much more will He care for you?
4. Worry poisons our witness - Living as a "Christian atheist" confuses those watching our lives
5. We can trust God one day at a time - Tomorrow has enough trouble of its own

Scriptures:

- Matthew 11:28
- Philippians 4:6-7
- Philippians 4:19
- Matthew 6:24
- Romans 8:31
- Romans 8:32
- Philippians 4:8
- Psalm 55:22
- 1 Peter 5:7

Opening Question:

Share one thing you tend to worry about most often.

Discussion Questions:

1. God Created You and Can Be Trusted

- Has God ever failed to provide for your most basic needs (food, water, clothing)? Share a time when God proved faithful in meeting your needs.
- How does remembering God's past faithfulness help you trust Him with current worries?

2. Worry Ignores Your Value to God

- The sermon mentioned that birds don't look worried. What can we learn from observing God's care for creation?
 - Read Romans 8:31-32. If God gave His Son for you, what does that say about how He'll handle the smaller details of your life?
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3. Anxiety Doesn't Achieve Anything Positive

- The sermon listed many physical and mental effects of anxiety. Have you experienced any of these? How did worry impact your health or relationships?
- "Why pray when you can worry?" should be "Why worry when you can pray?" How can we practically make this shift in our thinking?

4. Think Logically About God's Character

- When was the last time you stopped to "consider the lilies" or take inventory of God's goodness in your life?
- Share specific ways you've seen God's provision and care this week.

5. Worry Tells God "I Can't Trust You"

- This is a hard truth. What areas in your life are you essentially telling God you can't trust Him?
- Share about a time when you had to consciously choose to trust God instead of worry. What helped you make that choice?

6. Focus on God's Purposes

- What does it mean to "seek first the kingdom of God" in practical, everyday terms?
- What impresses you most about George Mueller's faith? What seems impossible to apply to your own life? What seems challenging but doable?

7. Live in the Moment

- How do you balance planning responsibly for the future while not worrying about tomorrow?
- "Worry does not empty tomorrow of its sorrow. It empties today of its strength." (Corrie Ten Boom)
How have you seen this truth play out in your life?

Practical Applications:

1. Acknowledge It - When you begin to worry, immediately acknowledge it to the Lord. Prayer: "Lord, You know I'm worried about _____"
2. Ask for Help - Pray: "Lord, I don't trust You right now with this. Help me to trust You." - "Lord, help me. Please send Your helpers to help me. Help me to humbly receive help from the helpers You send me."
3. Share with Friends - Share specific worries and pray together. Check in on each other this week.
4. Meditate on God's Goodness - This Week's Challenge: Write down at least 5 specific ways God has provided for you. Read Philippians 4:8 daily and actively think about things that are true, honorable, just, pure, lovely, commendable, excellent, and praiseworthy
5. Keep Casting Your Burdens - Memorize 1 Peter 5:7 - "Cast all your anxiety on him because he cares for you." You may need to do this multiple times a day - that's okay!

Closing Thought/Prayer:

Lord, teach us to lay our worries at your feet each day and to trust your loving care more than our need for control.