

## Sermon Questions: Why Worry?

### Matthew 6:25-34

1. What kind of things do you worry about?
2. Pastor Mark noted that Dr. Richard Leahy, an expert on worry and anxiety, has done research indicating that Americans worry more now than ever before. Why do you think that is the case?
3. Dr. Leahy also notes that children aged 12-18 are suffering from more worry and anxiety than other age groups. What might account for this trend?
4. What do you think is the difference between being concerned about something and worrying about something?
5. What is the difference between not worrying about things and being irresponsible about things?
6. Pastor Mark points out that the two areas of worry Jesus identifies are Provision and Power (or personal Status). The underlying questions are: "will I have enough?" and "will I be enough?" why do you think we tend to become worried and anxious about these two issues?
7. Read Matthew 6:25-34 out loud. What is the point Jesus is trying to make when he tells us to consider the birds and the lilies?
8. Pastor Mark quotes Corrie Ten Boom, survivor of the holocaust, who declared, "Worry doesn't rob tomorrow of its troubles, it only robs today of its strength." In what way does worry affect our ability to draw on God's peace and strength?
9. How does "turning worry into worship" help us to overcome negative thought patterns?
10. Focusing on Gratitude for God's provision, and remembering the power and peace that is ours through Jesus Christ enables us to face uncertainty with confidence. How does worship help us to focus and remember?
11. Pastor Mark suggests that perhaps one of the reasons why modern-day Americans are more worried and anxious today is because our society no longer honors the Sabbath. Do you think that there is any truth to that?
12. How can we "honor the sabbath" without becoming legalistic and self-righteous about our participation in weekly worship on the Sabbath day?