

MORRIES

Introduction

“Don’t worry—be happy” the song says. If only it were that easy! Jesus had a lot to say about pressures like worry. This Bible study comes from a well-known Scripture about worry. Listen to these words of Jesus as someone reads the passage. Then move into groups of 4 and discuss the questionnaire.

1. If Jesus lived today, how would he dress?
 - ☐ in jeans and a T-shirt
 - ☐ in a business suit
 - ☐ with thrift store donations
 - ☐ like a pastor or priest
 - ☐ like a fashion model—the latest fad
 - ☐ He wouldn’t care what he wore.
2. What kind of car do you think Jesus would drive?
 - ☐ a fancy Mercedes
 - ☐ an old junker
 - ☐ a classic Corvette
 - ☐ a pickup truck
 - ☐ a minivan, to hold his disciples
 - ☐ a bus—to bring in the crowds
 - ☐ nothing—He would either walk or use public transportation.
3. When Jesus said, “Do not worry about tomorrow,” what did he mean?
 - ☐ Don’t plan ahead.
 - ☐ Plan ahead so you don’t worry.
 - ☐ Worry is a waste of time and energy.
 - ☐ Live for today.
 - ☐ Trust God with things you can’t control.

DO NOT WORRY

²⁴“No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.

²⁵“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? ²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷Who of you by worrying can add a single hour to his life?

²⁸“And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? ³¹So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³²For the pagans run after all these things, and your heavenly Father knows that you need them. ³³But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Matthew 6:24–34

4. If you really followed the teaching of this passage, how would it change your behavior?
 - ☐ I wouldn’t be caught up in material things.
 - ☐ I would spend more time helping people.
 - ☐ I would be less concerned about how I look and dress.
 - ☐ I would give more money to the poor.
 - ☐ I would make my spiritual life my highest priority.
 - ☐ I wouldn’t worry so much.
 - ☐ I would spend more time with church activities.
 - ☐ other: _____

5. What is your favorite way of dealing with your problems? Pick your most and least frequent ways:

- ☐ deny that I have any
- ☐ talk to a close friend
- ☐ worry a lot
- ☐ eat a lot
- ☐ ask for help
- ☐ go for a walk
- ☐ talk to God about them
- ☐ get busy and try to forget them
- ☐ accept problems as part of life
- ☐ listen to music until I feel better
- ☐ other: _____

6. If you could describe a good goal for dealing with the most difficult problem you are facing at the moment, what would it be?

- ☐ learn to laugh more at my troubles
- ☐ learn to live one day at a time
- ☐ get out of the situation I'm in
- ☐ lower the expectations I've placed on myself and others
- ☐ focus more on God's kingdom and less on mine
- ☐ simplify my lifestyle
- ☐ take time to smell the flowers
- ☐ other: _____

7. On a scale from 1 (low) to 10 (high), what is the stress level in your life at the moment?

8. If your doctor told you that you had to reduce the stress in your life, what would have to change?

9. What is the biggest worry you have about the coming week? How can this group pray for you regarding that concern?

