

BEYOND SUNDAY

DO NOT WORRY?

FEBRUARY 23, 2020

RECAP

Being obsessed with gaining more wealth, seeking wealth over seeking God, will result in worry and anxiety. Because we know we have a loving heavenly Father, we can trust in Him, much like we are able to trust good fathers and mothers. We can trust Him even more, because He is a perfect Father who gives us everything we need.

God might not give us what we want. And God might allow our health and our wealth to be taken from us. But He will never leave us nor forsake us!

In order to truly live a worry-free life, we must receive God as our greatest treasure, and we must seek Him and His kingdom first, always.

Referenced in the message: <https://www.rollingstone.com/politics/politics-features/why-were-living-in-the-age-of-fear-190818/>; <https://www.lovemoney.com/gallerylist/51988/the-20-richest-people-of-all-time>

For further reading, this article explains the difference between concern and worry: <https://www.thegospelcoalition.org/article/why-are-you-worried/>

ICYMI: [Watch Sermon Online](#)

READINGS

"But seek first the kingdom of God and his righteousness, and all these things will be added to you." *John 14:6 ESV*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Psalm 23	Proverbs 3	Psalm 139	1 Peter 5:6-11	Psalm 62	Philippians 4:4-8	Mark 1:12-15

Questions to think about as you read:

1. How do the promises mentioned in this psalm give comfort? What is God's motivation?
2. Focussing on verses 5-8 and 23-26, how do these words help you address, fears, worries and anxious thoughts?
3. Mediate on Psalm 139. Notice the progression, from acknowledgement that God has searched us, and knows everything about us. Certainty that God is always with us, no matter how low we sink, no matter how high we ascend, knowing that He made us, how does that address your fear? The last part of the psalm invites God to search and reveal any grievous (some translations, anxious) thoughts that remain in us. Pray verses 23-24 as your prayer today.
4. How does humility play a part in dealing with anxiety and worry?
5. Psalm 62 gives us great assurance that our salvation is from God alone. How does this help address your anxiety for your salvation, for the salvation of your loved ones?
6. Philippians (along with 1 Peter, and many other passages) acknowledge that we will struggle with anxiety and worries. Jesus teaches us that such worry isn't necessary, because of our Father's love. This passage is a method for dealing with anxiety and worry. We are to give thanks in prayer, we are to

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make known to God our needs, we are to petition him and we are to receive the peace of God, which surpasses all understanding. How does focussing on the good things from above help address worry?

7. As Josh pointed out during the children's message, this coming Wednesday (Ash Wednesday) ushers in the season of Lent. Our theme this year is *The Cost of Discipleship*—what it cost Jesus to save us, and what it costs us to follow him. Read through the passage before the service, to prepare your heart and mind to what God wants to teach you through the preaching of his Word!