

Lifehacks - Week 3

This week our bible study will centre on choosing trust over worry. We will explore Matthew 6:25–34 in which Jesus offers an encouraging-yet-challenging instruction on worry. A life journeying with Jesus doesn't mean we'll be immune from the rough and tumble of life, but we are invited to choose trust over worry.

Ice-breaker. Get everyone to make a list of all the things they will do from the moment they wake up, until they go to sleep again tomorrow. Mark anything on the list that may cause anxiety, stress, worry or uncertainty.

Read Matthew 6:25-34 (Collectively)

What does Matthew 6:25-34 reveal about the nature of God?

Discuss: What does this passage reveal about people - in any context, at any time?

Discuss: What is your initial response to this passage? Are you encouraged or challenged? Why?

Discuss: In today's passage Jesus focuses His attention on what it means to trust in God. An important point of context to this teaching, and the entirety of the sermon on the mount is that Jesus invites people to follow him as a Rabbi calling Disciples.

What does it mean to be a disciple of Jesus in the context of worry?

Discuss: For a disciple of a Rabbi in first century Palestine, you would be signing up for a long season of teaching and learning, discipline and challenge. Not just a one-day conference!

What can we learn from this time scale of learning and why is it important?

Discuss: Jesus offers an alternative response to worry in verses 32-34 'But seek first His kingdom and His righteousness.'

Looking back at the list you wrote in the ice-breaker exercise, what would it look like to seek God first in each of those moments?

Discuss: Jesus notes that 'each day has enough trouble of it's own' (vs 34). Jesus isn't stating that a life following him will become easy - in fact, he promises we will face opposition for following him (Matthew 24:9). How does this change your response to worry?

Discuss: What would it look like to live differently as a result of what you have read? How will you do it?

A final Reading: *Put on some background music without words. Ask everyone in turn to read out Matthew 6:33-34 individually, leaving at least one minute between each person.*

In the silence, ask people to listen to the Spirit of God. What does it look like for each of us to seek first His Kingdom and His righteousness?

Prayer. *Father, thank you for hearing us, we trust that any unhealthy habit or worry would be broken off us, and that we would be set free. We ask that we would be transformed into a new hunger to seek You in all things, and to seek You first.*