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LESSONS FROM THE MOUNT

January 10th, 2016

Review Sermon Idea: Don't Worry... Seek the Kingdom

1. Stop Worrying About Yourself (Matthew 6:25-32)
2. Seek His Kingdom and Happiness Will Flow (Matthew 6:33-34)
3. 40 Days of Prayer - Fasting

Intro Questions

1. For those who are joining us in 40 Days of Prayer, what is your experience so far?
2. What causes you the most anxiety?
3. Is there any situation you can think of that is made better by worrying?

Read Together: Matthew 6:25-34

From the Text

4. Is it a sin to be anxious?
5. Does thinking of your life from a Kingdom Perspective have an effect on how much you worry?
6. Why is worry so difficult to set aside in favor of God's priorities?
7. When Jesus tells his followers not to worry about tomorrow, we must assume He led by example. He seemed to have the skill of living totally in the present, giving attention totally to the present task, celebrating the goodness of God here and now. That seems to be the recipe for happiness. Do you think Jesus was generally a happy person?

This is a fasting week in the 40 Days of Prayer challenge. The purpose of fasting isn't to simply take something bad away, but it's to give up something physical to gain something spiritual.

8. Has your family decided to fast from food? From something else? How can this help us seek the Kingdom?

Quote to consider: "Find the world first, and you'll find it gets moth-eaten in your hands. Put God first, and you'll get the world thrown in." - N.T. Wright