



"Hope" - Part 3
"Worry"
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home GROUPS

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**Message-Based Outline and Questions
For Personal Study and Home Group Discussions**



MESSAGE: Review the sermon and explore the message by using these questions.



OPEN IT: Use the following questions and points to begin your study:

What were your favorite games during recess in grade school?

Do you recall being bullied in grade school? What were the circumstances?

What caused you worry as you were growing up?



EXPLORE IT: Now dig deeper into God's Word:

What were the cultural circumstances where Jesus gave the Sermon on the Mount?

What were the major subjects addressed in the Sermon on the Mount?

Why do you think that Jesus used Solomon as an example in this passage about worry?



APPLY IT: Use these questions to apply the message to your life:

What have you worried about today?

Is your worry out of proportion to the importance of the subject?

Have you taken your worry to God?

Will this worry seem equally important ten years from now?



PRAYER: Pray throughout the week, remembering the needs of others in your Home Group:

Pray that the church will abandon unnecessary worry.

Pray that you will not lean on your own strength.

Pray that your judgment, guilt, and burdens will be lifted.

Pray for a renewed sense of hope.

BIG IDEA: Worry Less; Hope More.

Scriptures: Matthew 6:25-34

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 than food, and the body more than clothes? ²⁶ Look 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? ²⁷ Can any one of you by worrying add a single hour to your life?

²⁸ "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If 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—you of little faith? ³¹ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:25-34, NIV)

Hope: Part 1

1. We Have Hope In Jesus As Our Redeemer.

2. We Have Hope Instilled In Us By The Holy Spirit.

3. We Have Hope That We Won't Be Put To Shame In the Future.

BIG IDEA for Part 1: We Must Not Lose Sight Of The Hope We Have In Jesus.

Hope: Part 2 - Hopelessness

1. Our World Is In Desperate Need Of Hope.

2. Hope In Christ Is The Perfect Tool To Save People From The Hopelessness Of Our World.

3. You Can't Share Hope With Others If You Don't Experience It Yourself.

BIG IDEA: Overflowing Hope Leads Others To Jesus.

Hope: Part 3 - Worry

Worry - "To give way to anxiety or unease; to allow one's mind to dwell on difficulty or troubles."

- Worry is a disease that plagues our world, much more than most people realize.
- Everyone worries about something. Top five worries:
 - Health (death), not only for yourself, but for others (family, friends),
 - Relationships (family and friends),
 - Job security (and relevance and satisfaction),
 - Money (debts and savings, money for education and retirement),
 - How we look (weight, clothes, appearance of success).
- Worry can have good outcomes, but if you worry excessively, it can be detrimental.
- Worry can lead to exhaustion and fear.
- Worry is the biggest hindrance to us living in hope. Hope is knowing that God holds the power.
- Worry is the feeling that someone else holds power over you. You feel powerless.
- Jesus lived in a culture where people often had no food, water, or clothing - a setup for worry.

1. Life Is About Far More Than Our Worldly Worries.

- Our life and purpose are more important than the things we often worry about.
- Circumstances change; different phases of life are filled with different sources for worry.
- God is available and sufficient to conquer your worries in all phases of your life.
- Worry perpetuates worry. You're more valuable than God's other creatures; He takes care of them; He will take care of you.

2. Worrying About The World Is A Waste Of Time.

- Consider what you would be thinking about if you knew that you were to die soon.
- Solomon said, "²'Meaningless! Meaningless!' says the Teacher. 'Utterly meaningless! Everything is meaningless.'³ What do people gain from all their labors at which they toil under the sun? ⁴ Generations come and generations go, but the earth remains forever.... ¹¹ No one remembers the former generations, and even those yet to come will not be remembered by those who follow them." (Ecclesiastes 1:2-4, 11, NIV)
- Your relationship with the Father in Heaven is the only important thing in your life.
- God loves you so much that He will attend to your needs.
- Worry degrades your faith. Worry is disrespectful to God.

3. Worry Destroys Our Message Of Hope.

- Your hope should free you from mundane worries.
- Your hope is living. You are freed to a new living hope.
- Overflowing hope speaks to the world. It witnesses to the world.
- Your hope is in God, not in circumstances, leaders, the economy, or political systems.
- Worry degrades not only your faith, but it degrades your witness to others, as well.
- Seek God and His righteousness first; the other things will follow in due course.
- Hope centered in Christ will not fail.
- "⁵ Trust in the Lord with all your heart and lean not on your own understanding; ⁶in all your ways submit to him, and he will make your paths straight." (Proverbs 3:5-6, NIV)
- Don't let worry hold you captive.
- Small things can bind you more than their power warrants. (A small rope on an adult elephant's leg can hold it captive because the elephant as a baby was trained with that same rope.)

How To Break The Worry Cycle:

1. Identify The Trap - the thing that worries you.
2. Identify The Trapper - Satan and his lies.
3. Break The Chain - seek God and His righteousness.

Big Idea: Worry Less; Hope More.