

The things I wish Jesus never said

Welcome - describe a time when you said something you wish you had never said!!

Word - This series we are looking at 'things we wish Jesus never said'

This week our theme is when Jesus said, 'do not worry about your life'

- Why on first reading or hearing, is this such a difficult thing to hear and engage with?
- What kind of things do we worry about?
- Were there things you used to worry about, that you don't now or vice versa?
- When worry 'strangles the life out of us' what can be the effects of that?

Read the text together maybe a verse each....open up a discussion on the text
Matthew 6 v.25 – 34

- What do you find inspiring from these verses?
- What do you find challenging or difficult from these verses?
- Jesus is not saying don't plan, prepare or do anything. He is saying don't let worry choke the life out of you. Why is this such an important distinction for us to work with?
- What have you learned about this distinction from your own life?

Let's focus on the 3 suggestions Leon gave from the teaching of Jesus....

1. Declare your trust in God at the start of the day
 - Why is this so important? How can we do this?
2. Decide to run after what God is doing today (v.33)
 - What might that look like? Why is it an antidote to worry?
3. Deposit your worries into a box called tomorrow (v.34)
 - What could this do to our life and our sense of peace and trust in God, if we could do it?

Finish by praying for each other, does anyone need the peace of Christ to guard their hearts and minds right now? Pray for each other

What situations in the world need the peace of Christ right now? Pray for them and for the people affected....