



## **Sunday Teaching Discussion Guide: SERMON ON THE MOUNT 07.29.2018**

### Recap:

- The things that we worry about now are, as always, similar but different from what people worried about in Jesus' time. In Jesus' time, people worried about where the food was coming from ("Give us Lord our daily bread" - Matthew 6:12). For us, our worries are more about bills and jobs.
- The psychologist Abraham Maslow theorized that humans have different level of needs, starting with physiological needs, safety, love/belonging, esteem, and then self-actualization/spirituality.
- The problem with worry is that only when our physiological needs are relatively satisfied can we move on to fully focus on deeper things. When we get stuck focused on basic needs, we can't develop deep relationships with ourselves, with others, or with God.
- This text can be hard because the text seems to say that if you follow God, if you are a good Christian, you will be cared for and not have worry, but there are believers who lack basic necessities.
- Our call as Christians is to provide for others so they are not lacking in basic necessities.

### Discuss:

- Do you consider yourself a worrier? Explain why or why not.
- Looking back to the different level of needs, which of those do you find yourself worrying most about?
- READ Matthew 6:25-34
- Why do you think Jesus says that the birds of the air do not worry? What do you think about birds make Jesus see them as different from humans?
- What do you think the phrase "seek first his kingdom and his righteousness" means? What does it entail?
- READ 1 John 3:16-18
- In verse 17, the writer does not say that people should give to those in need but instead says that people should have pity on those in need. Do you find this difference important? How might this relate back to Matthew 6:2-4?
- What are some worries that you can let go that might help build the kingdom of God?

Pray: Invite members of your group to share prayer requests. Give a short prayer thanking God for your group discussion and asking God to be with the requests that have been shared.

### Read at Home: Additional Readings about Needs and Worry

- Psalm 23
- Matthew 11:38-30
- Philippians 4:4-8