

Week commencing 9th November 2020



House Group Bible Study -

'Do not worry?'

Prepared by Matt

2020: What a Year!

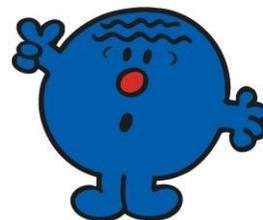
On Sunday we looked back at the turbulent year of 2020 (so far!), and remembered that although we are living in challenging times, whether that be personally, as families, as a nation or as an entire planet, God can and does use even the most testing situations to speak to us, teach us and develop our character.

How have you found this year? Have you been able to take positives from it despite the various restrictions it has introduced into our lives?

How has the removal of church services, meetings and activities impacted your relationship with God?

We paid tribute to all of the service men and women who gave their lives for our freedom during the two World Wars.

How does Remembrance Day put into context what we are currently going through during this pandemic?



"Do Not Worry About Your Life"

We considered whether we might be a bit like Mr Worry, and noted that we can choose not to worry, and also that we can categorise our worries into things we *can* do something about and things we *can't* do anything about. Jesus' words assure us that he has left us with His gift of peace, but he didn't say that we wouldn't have things to concern us, or that these situations would always be taken away from us.

Read Jesus' words in **Matthew Chapter 6 verses 25 to 34** :

"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? 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? Can any one of you by worrying add a single hour to your life? "And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these. 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? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows



that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Do you sometimes find yourself being a bit of a Mr (or Mrs) Worry? Do you find it easy or hard to choose to be otherwise?

How do Jesus' words in Matthew Chapter 6 help or encourage you personally?

In **John 14:27** Jesus said *"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."*

How do we go about accessing the peace that Jesus talks about in this verse?

Whispers of Discouragement

Finally, we considered that Satan may use times of isolation to whisper discouragements into our ear, but that the word of God can protect our minds from these types of attacks.

For example, in Joshua 1:9 God says to Joshua *'This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.'*

Have you felt isolated and discouraged this year?

How can we encourage and support each other during the times when we are unable to meet up in person?

Are there any particular Bible verses that encourage you when you are feeling down?

By giving in to discouragement or focusing on what we consider to be our failures or shortcomings, we take our eyes off God and the amazing things He can do in our lives, and in the lives of those around us. The Bible reminds us of this with verses such as Colossians 3:2, where Paul encourages us to: *'Think about the things of heaven, not the things of earth.'*

What are some practical ways we can set our sights up rather than down?

How does stepping out in faith encourage us in this area?

Spend some time praying for and encouraging each other. You may wish to use the following prayer:

God, we thank you for our church family, and we ask that you will protect our unity during this time when we can't meet together. We pray for those of us who are sick and those who are looking after someone who is sick. Please will you provide them with encouragement and peace. We pray for those of us who are feeling down, anxious or discouraged at the moment. God, please will you break through the fear, the uncertainty and the sickness, with your wonderful, extravagant, amazing, unstoppable and unconditional love. Amen.

