

Life in the KINGDOM REVISITED

Part 12: *Overcoming Analysis Paralysis*

Matthew 6:25-34 • March 3, 2019

Digging Deeper this week...

BiG iDEa: Freedom in God's kingdom has more power than undue worry.

Kingdoms. Governing institutions. Hidden powers. Personal agendas. Set aside some *time* throughout this week to read and reflect on what God's word says about His kingdom in contrast to our own. Some questions are provided for you or a small group of friends to provide focus for your reflection. Before your start: Breathe, pray, ask the Holy Spirit for help.

Identify

When have you experienced the greatest worry in your life? How did you deal with it?

Read

Scriptures to grow by... Proverbs 3:3-8; Philippians 4:4-9; Matthew 6:25-34, 11:28-30; 1 Peter 5:7; Ps. 139:23; Ps. 77:12; Prov. 12:25; Judges 6:12.

Reflect

1. What words, phrases or ideas stand out to you from the Bible readings you read today? How do these passages help you think about what you already know intuitively about trust and worry? What are some of the "costs" associated with worry? What are the wages or benefits of trust or confidence in God?
2. How do these words, phrases or ideas connect with your everyday life? What do they lead you to think or to do?
3. Re-Read Matthew 6:30-34. What are some obstacles to you believing what Jesus said about trusting God? How would your life be different if you believed him? What might Jesus want to say to you about this? What might you want to say to Him?

Respond (*Soul-Work*)

Moving forward... Take some time to be alone with God. What is something that worries you right now that you might talk to Him about? Ask Him how He might help you this week to re-label your worry as "tomorrow" as a declaration of your confidence in God. Share your ideas with a trusted friend and ask how you might support him/her on their journey toward greater trust in God? Perhaps you can ask for their prayers and support as well.