

Sermon Notes

“Life under the rule of King Jesus” - Contentment

One thing I need to remember from hearing today's Bible Reading and Teaching.

will be full of light. ²³ But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

²⁴ “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

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 labour or spin. ²⁹ Yet I tell you that not even Solomon in all his splendour 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. (NIV)

A Prayer

Almighty God and loving heavenly Father, guide me and teach me of yourself from your Word. Help me and others to see the wisdom and value of living life according to your word the Bible; through Jesus Christ your Son our Lord, who lives and reigns with you in unity with the Holy Spirit, one God forever and ever. **Amen.**

The Bible Study

Read Matthew 6:19-34

Questions:

1. Verses 19 to 24 are warnings and wisdom. What are the warnings and what is the wisdom?
2. Worry usually arises out of a fear of missing out. What things does Jesus say we sometimes find ourselves worrying about?
3. In verses 25 to 34 what reasons does Jesus give for not worrying about these things? What does God promise?
4. What does Jesus say is the cause of our worry? (See verse 30)

5. God very rarely “miraculously” provides for the things that we worry about. He usually uses ourselves or other people to meet the needs of our worries. How would he do that? What has been an example in your life?

6. There are many things that we worry about. However, out of the list of things Jesus mentions what would be the one you would most worry about and what would be the least? Why? What could you do or are doing to help you trust God with these worries? (*Go around the group and allow for each person to share their answer*)
7. What do you understand Jesus is asking us to do in verse 33?
8. What have you learnt about yourself and about God from these verses? (*Finish off by reading the verses again aloud*)

Take time to pray according to what you have learnt.

The Bible Reading

Matthew 6:19-34

¹⁹ “Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

²² “The eye is the lamp of the body. If your eyes are healthy, your whole body