**Small Group Material - Teach us how to pray, 3**

**Don’t worry! Matt 6. 25 - 34**

**Welcome**

Is there a time when you particularly felt God’s provision? What was it?

**Worship**

Listen to ‘For the beauty of the earth’ John Rutter <https://www.youtube.com/watch?v=JVQFEgT7E6c&list=RDJVQFEgT7E6c>

Then sing together ‘In Christ alone’ <https://www.youtube.com/watch?v=AjR_A2pGPrY>

Without discussion go straight into a time of thanks and praise to God - for his goodness to you.

**Word** Read Matt 6. 25 - 34

1. Jesus picks out two aspects of our life we should not worry about (food and drink and clothes)? Why do you think he picked out those? What are other common worries today?

2. Jesus says, ‘Do not worry!’ Nicky Gumbel mentions some things Jesus *does not mean*. Have a look at them.

Jesus does not mean that:

* we should not think about the future
* we should put our feet up
* we should not be ambitious
* we should not take responsibility
* we won’t have anything to worry about

3. Jesus gives us many reasons why we should not worry. How many can you find? What are they?

*(Leader’s notes: Nicky Gumbel lists seven:*

1. *v.25, Worrying misses the point of life. ‘Is not life more important…?’*
2. *v.26, Worrying is illogical - suggesting that God is more interested in his animals than his children.*
3. *v.27, Worrying is a waste of time.*
4. *v.28-30, Worrying and faith can’t exist together.*
5. *v.32, Worrying is the mark of non-believers not God’s children.*
6. *v.33, Worrying is unnecessary. God promises to provide if we get our priorities right.*
7. *v.34, Worrying is non-sensical. There’s enough to think about today!)*

4. What picture of God does Jesus paint?(Note to leaders: draw out both God, the Father, *providing* and *the beauty and creativity of his world*.)

5. According to Jesus, what are we to seek in place of food and clothes? What results from seeking this? What is one thing you can do in the coming week *‘to seek first his kingdom and his righteousness’*?

6. What causes you the most worry? What is God saying to you through this passage about handling your particular worry or disappointment?

**Witness**

Pray for the people on Alpha - that they will ‘stick’ and begin to understand the gospel.

Laurence Singlehurst, when he came and spoke to the Small Group leaders, talked about the idea that each of us can be a ‘Secret Pastor’ to four or five people. Pray for any who you are ‘pastoring’ who have particular worries at the moment.