

The Christian and Work Session 2 - Worry

To start with fill in the first three columns

What are your top 5 worries at work?

What are the causes of these worries?

How do you react to these worries?

The worry	The cause	The reaction	The remedy	The action

Read Matthew 6:25-34

According to verse 25 what sort of things do we worry about?

What reason does Jesus give in verse 25 for not worrying? What does He mean?

- There is more to life than material things - our worries and fears reveal our wrong priorities

What do the birds and flowers teach us v26, 28-30? (also Matt 10:29-30)

- God is good - He is our loving Heavenly Father
- God is in complete control

How should knowing we have a caring Heavenly Father change our attitude to work?

What are we to do with our worries? (Philippians 4:6-7) Why is this hard (or easy) to do?

- Pray - bring worries to God and leave them with Him

What encouragement are we given to do this?

- The promise of peace in our mind and heart

In verses Matt 6 v 27 & 34 What reasons does Jesus give for not worrying?

- Worrying doesn't achieve anything

- The future is in God's hands

According to v 33 what does Jesus say our focus should be? How does this make us different to our work colleagues?

- Seek first God's Kingdom first - seek to please God rather than pleasing man

What will it look like to 'Seek first His Kingdom' in the work place?

When you have finished the study, have a go at identifying the **remedy** to your worries and what **action** you will take to change?