



The Sunday Recap is a quick rundown of our time of worship together on Sunday. Our hope is that this will help us continue to reflect on the good news of the gospel all week. Enjoy!

SCRIPTURE TO MEDITATE ON:

Matthew 6:30

But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

REFLECTION QUESTIONS:

- What do I most often find myself worrying about? What things do I tend to NOT worry about? Why is that?
- What does my worry say about what I think about God?
- In what ways is Jesus the “2nd Adam”
- What things do you notice in nature that teaches us about the character of God?

QUESTIONS FOR KIDS

- How do the birds have food to keep them alive? Who waters the flowers in a field?
- How (or what) does God provide for us everyday?
- Why can we trust that God will always provide for us?
- What would have been so great about living in the garden with Adam and Eve?

SUGGESTED RESOURCE(S)

ARTICLE: [Disembodied Truth: Memory Verses and Anxiety](#) by Will McDavid

ARTICLE: [7 Reasons Not to Worry](#) by Kevin DeYoung

REFLECTION: [River Peace](#) by Joy Cofield

SONGS WE SANG:

[Oh You Bring](#) by Hillsong

[Be Thou My Vision](#) by Page CXVI

[Open the Eyes of My Heart](#) by Shane and Shane

[Beautiful Things](#) by Gungor

[It is Well with My Soul](#) by Horatio G. Spafford

SUNDAY'S READINGS:

Call to Worship

C: We gather together to worship God, who, through the blood of Jesus Christ, has freed us from the darkness and emptiness of our former lives!

We who believe in Jesus have been reborn, and are now children of the living God!

L: Come, let's worship the God who has set us free!

Prayer of Confession

L: Lord, Jesus, help us to believe with our whole lives that apart from You we can do nothing.

C: We struggle with fear and anxiety when trials come. We battle sin and unbelief and often give in to temptation.

L: Show us daily that we can bring everything to You.

C: In our confession of sins, remind us of Your grace and mercy.

L: Help us to believe in the truth of Your work on our behalf, Your death and sacrifice on the cross for our sins, giving us life and righteousness.

C: Cause us to believe in You and help us to live lives that are dependent upon You, knowing that we find our hope and satisfaction only in You. Amen.

—Based on a prayer from Sojourn Church

Passing of the Peace

Our Father's faithfulness is most richly experienced not just as individuals, but in the family of brothers and sisters around us. If you've been coming for a while, take special care in welcoming folks you may not recognize around you as we greet one another in peace.

Word of Assurance

He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

- Romans 8:32

SERMON TEXT

Matthew 6:25-34

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

SERMON SUMMARY:

Jesus meets us in our anxiety and worry w the good news that God is our loving Father

SERMON NOTES

The Negative Command: "Do not be anxious"

- Repeated 3 times: v.25, 31, 34
- Hear it correctly, I suggest- *compassionately*
- As a child who is scared and snatched up by mom or dad and consoled- "Don't be anxious, I'm right here"

Question: Why should we not be anxious?

- Jesus gives two illustrations: BIRDS (v.26) , LILIES (v.28)
- This is an example of *creation being a parable that tells a bigger story*. Consider, think, reflect on nature's realities
- Birds don't store their food, flowers don't work for their beauty, God is their provider

Our misdirection: Instead of treasuring his presence and provision our faith wanders and we doubt his love and care for us.

The Positive Command: "Seek the Kingdom"

- Jesus has freed us from worry so we can now we can serve one another without concern for payment.

The Beautiful Garden

- From the instant sin entered the understanding of who God was changed.
- Before sin entered Adam and Eve simply existed as dependent children
- They knew the goodness and lavishness of God their Father

The Second Adam

- Jesus, the second Adam, is met with a temptation. But **his stomach isn't full of the best food from the perfect garden**, he has been fasting for 40 days, his stomach is empty, his body depleted, his mind weak, and the tempter comes to him to say something about doubting God's goodness and plan, do it a different way Jesus.
- But Jesus is faithful where the first Adam failed. He is the head of a new race. A people who once again know God as their faithful Father and know His kingdom to be one of love and provision for them. Where they can exist as dependent children and trust that in His kingdom they are provided for and will never be in want.

Hardship and Faith v.34

"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

- The call is not to deny their are things to cause worry, but rather see them being cared for by our good Father
- How does faith grow? In the seedbed of dependence (which is where love grows as well, because you see God's care for you there)

SCRIPTURE FOR NEXT SUNDAY:

Matthew 7:1-6

“Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.

“Do not give dogs what is holy, and do not throw your pearls before pigs, lest they trample them underfoot and turn to attack you.