

KEY VERSE:

But seek first God's kingdom and his righteousness, and all these things will be given to you as well.

Matthew 6:33

DON'T WORRY.

**GOD IS NEVER BLIND TO YOUR TEARS,
NEVER DEAF TO YOUR PRAYERS,
AND NEVER SILENT TO YOUR PAIN.**

**HE SEES, HE HEARS,
AND HE WILL DELIVER.**



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FOUNDATION CAFÉ SERVICE

28th February, 2016

Sermon On The Mount 3: Don't Worry



**CHALFONT
ST. PETER
PARISH CHURCHES**



KNOW WHAT:

- Today we continue to look at the Sermon on the Mount, in which Jesus teaches his followers how to live.
- We have looked at the Beatitudes – eight attitudes that lead to a happy life – and Jesus' teaching on true treasure.
- This week we look at the next part of Jesus' very practical teaching on worry.
- Jesus teaches that we should not be over anxious about what we eat or drink or about what we will wear. There is more to life than that! Jesus says that birds do not store up food in barns and flowers do not need to make themselves beautiful. God provides for them.
- Jesus says that we should focus first on God's rule in our lives and we will have all we need.
- Jesus also says we must not be over anxious about tomorrow. Each day has enough trouble of its own. It does not extend our lives.

SO WHAT:

- This teaching is about our priorities. Our consumer society pressurises us to focus on material things – the pester power of advertising on TV as an example. Jesus' radical teaching is not to be consumed by such things. Instead we should focus first on living God's way and everything else will fall into place.

NOW WHAT:

- It is really hard not to be completely engulfed by consumer pressure. Take time out to focus on what really drives your lifestyle. Do you need to change direction, put God first and trust him to let everything else fall into place?

JIM'S JOTTINGS

Don't Worry!

Two boys were constantly in trouble, so much so that their parents asked the vicar to help. The clergyman agreed to speak with the boys, but asked to see them individually. The 8 year old went to meet with him first. The clergyman sat the boy down and asked him sternly, 'Where is God?' The boy made no response, so the clergyman repeated the question in an even sterner tone, 'Where is God?' Again the boy made no attempt to answer. So the clergyman raised his voice even more and shook his finger in the boy's face, 'WHERE IS GOD?'

At that the boy bolted from the room and ran directly home, shutting himself in his bedroom.. His older brother followed him and asked what had happened. The younger boy replied, 'We are in BIG trouble this time. God is missing and they think we did it.'

A 2015 survey showed that 86 per cent of adults consider themselves to be worriers, with everyday stresses from work to family weighing massively on their minds. The average adult surveyed spent one hour and 50 minutes a day worrying. That adds up to 12 hours and 53 minutes a week or nearly 28 days a year spent worrying. 34 per cent of us are happy to share our concerns; one in four keep their worries bottled up leading to even more stress.

In our series on the Sermon on the Mount Jesus tells us that the cure for worry is to set one's heart on the Kingdom of God and living the right way. If we do that, everything will fall into place.

May we invite you to bring your worries to God today?