



What makes you anxious or stressed?

What did people worry about in Jesus day? Do we worry about the same things? In what way is it different today?

Matthew 6:25-34

What is Jesus saying to us in this passage?

"Look - at the birds of the air"

"See - how the flowers of the field grow"

"Seek - first the kingdom of God"

Live attentively to God's Generosity

In what ways do you live attentively to God's generosity, can you think of any examples?

The Message translation puts it beautifully:

"If God gives such attention to the appearance of wildflowers—most of which are never even seen—don't you think he'll attend to you, take pride in you, do his best for you? What I'm trying to do here is to get you to relax, to not be so preoccupied with *getting*, so you can respond to God's *giving*. People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met."

What do you think will happen if you are more attentive to God's generosity?

A moment of reflection: How has God been generous to you recently?

How has modern technology enabled a 24/7 life which enables and encourages life in the fast lane in order to get the rewards? What is the result?



In contrast, this passage refers to creation because He, the Father and the Spirit designed us and the world in which we live with a rhythm of seasons, Spring, Summer, Autumn, and Winter. These seasons we pass through in our own lives, there is a time to laugh and time to cry. Yet whatever season we are going through Jesus values us, not because of our achievements but because He loves us. He is always there for us every second of every day.

There is a rhythm in a 24-hour day, it has morning, afternoon, evening and night. There is a time to work, a time to relax and a time to sleep.

So, what does Jesus say:

“Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Live a day at a time with Jesus.

Jesus wants us to embrace whatever stage or season of life we are going through without wishing for our past life, or wanting to get through this part of our life as fast as possible. He wants us to live life fully each day with Him.

One Christian guy who had a bad bout of depression took Jesus at His word. Basically, he would wake up in the morning, and ask Jesus if he could do today with him. Having some kind of affirmation from the Lord that it was possible to do the day together he went on to live that day the best he could. Waking up after not such a good sleep he would ask the Lord again if they could do the day together then he'd get on with that day. He did it the next day, and the next and so until he got through this depression. **He called it a one day contract. Living today with Jesus, we can do that.**

“Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.” Message translation.

How may you live a day at a time with Jesus?

Verses to meditate on: Lamentation 3:22-23, Philippians 4:6,7