

Read Matthew 6:25-34

1. Define worry
2. What do you worry about?
3. What do people worry about secretly?
4. Have you ever met a Mabel—a person who is so gloomy that a dark storm cloud follows her?
5. What are some defining moments in your lifetime which you will always remember?
  - a. Notice the example of King David in Psalm 103, who reminds us what kinds of events should most shape our memories
6. We put our cares into the hands of experts all the time: legal affairs-lawyer, medical-doctor, cars-mechanics.... What do we do with the affairs of our souls? Where can we go with the things that burden our spirits?
7. One thing we learn as we grow older, is that we are not in control of this world. This world has been running fine without us for centuries, and will do so again after we are gone. Who IS in charge? Think on Him, and your worries will be resolved. READ Isaiah 43:1-3a.