

# CrossWalk notes

## Nobody But Jesus

### Notices Every Detail of Our Lives (and Cares)

April 3, 2022 / Chris Johnson

How do we handle worry in a \_\_\_\_\_ way?

<sup>25</sup> Therefore I tell you, **do not worry** about your life...

**Matthew 6:25a, NIV**

What is the difference between anxiety and sinful worry like Jesus warns us about?

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...what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? **Matthew 6:25b, NIV**

What are unhealthy ways that people try to cope with worry and anxiety?

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What are healthy ways to cope with worry and anxiety?

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Remember that nobody but Jesus notices every \_\_\_\_\_ of your life. He promises to take care of you because He is our God who \_\_\_\_\_ you.

<sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more **valuable** than they? **Matthew 6:26, NIV**

<sup>13</sup> while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, <sup>14</sup> who gave himself for us to **redeem** us from all wickedness and to purify

for himself a people that are his very own, eager to do what is good. **Titus 2:13-14, NIV**

<sup>27</sup> Can any one of you by worrying add a single hour to your life? **Matthew 6:27, NIV**

<sup>28</sup> Come to me, all you who are weary and burdened, and I will give you rest. **Matthew 11:28, NIV**

Find lasting \_\_\_\_\_ from the \_\_\_\_\_, which nobody but Jesus can provide.

<sup>28</sup> And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? **Matthew 6:28-30, NIV**

1) Get out into \_\_\_\_\_ and see how God \_\_\_\_\_ for His creation.

2) Replace a \_\_\_\_\_ mentality with the \_\_\_\_\_ mentality of God's blessings.

<sup>31</sup> So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But **seek first** his kingdom and his righteousness, and all these things will be given to you as well. **Matthew 6:31-33, NIV**

When we are tempted to worry about the future, seek \_\_\_\_\_ the One who holds our future and make \_\_\_\_\_ priorities \_\_\_\_\_ priorities.

## MEMORY VERSE

<sup>26</sup> Are you not much more valuable than they? **Matthew 6:26, NIV**

**My next step:** I will handle worry in a healthy way by trusting that Jesus notices, cares and provides for my every need. I will also seek to show others that Jesus cares about them too.

What's your next step? Mark it on your communication card.

## Impact Group Questions

### Nobody But Jesus – Notices Every Detail

**Getting Started** – Think back to different things you have seen in nature, each person share a favorite thing that you enjoy.

#### Going Back to Sunday

Each week we will begin with the same question, **“What about the message from Sunday had the most meaning or made the biggest impact on you?”** Take time to answer this question as you listen to each message. Bring your message notes to class each week to help you remember.

#### Back to Sunday:

#### Read Psalm 139:1-4,7-14

For the next eight weeks of group the Bible passages will not be on this sheet of paper. Try to develop the habit of bringing a personal Bible or using the youversion phone app. Remember you can also take notes in the phone app during the message.

The verse teach that God knows us inside and out. Why is this truth both especially comforting and scaring at the same time?

Why is it especially comforting when I start to worry?

#### Read:

#### Matthew 6:24-34

To “worry” literally means to be doubly minded. Jesus is saying that when we try to have both God and money (possessions, stuff) be the rulers of our life, we are going to be caught in the middle trying to figure out which one to serve. When we worry, it is showing that we are starting to serve and follow the wrong master - the things of this world are starting to take first place in our lives above God and his Word and promises.

Does this explanation help you better understand worry? Why or why not?

What do you think causes anxiety?

Practically speaking, how do I seek first God’s kingdom and his righteousness?

How does living a life understanding your:

- identity as a child of God.
- destiny of going to heaven.
- purpose of worshiping and sharing Jesus.
- community in Jesus’ Church.

How do these things help relieve worry and anxiety?

#### Doing Life Together:

In the last two weeks we have raised over \$1500 at CrossWalk for humanitarian aid for our brothers and sisters in Christ in the Ukraine. Take a moment right now to pray for them and, if you are moved to do so, to support them by giving a gift on the CWLK Church Center App.

#### Prayer:

In the prayer section we encourage you to take about 10 minutes to pray as a group. Include the issues of prayer and praise. Appoint someone to be the secretary of your group and write down any prayer requests. Consider sending out a list of prayers during the week.

#### Connect:

Spend the final 10 to 15 minutes of group catching up with other group members. Take time to get to know those you don’t know quite as well.

Go the Church Center app for more information on:

- A New Bible Reading Plan for Easter
- Check out CrossWalk on Facebook and Instagram
- Check out “Parents Encouraging Parents” on Facebook
- Sign up to bring a dish for our Easter Brunch. (Midtown talk to Pastor Chris)