

Parish Church of **St. Barnabas, Swanland** *Sharing Christ through friendship.*
Weeks beginning Trinity 15 (2/10/11) - The King's Speech (2) – Don't worry – be happy!
Group notes – Readings: Philippians 4: 4 – 9 ; Matthew 6:25 – 34

Welcome	Explore the words “worry” and “concern” in the context of our own daily living and or one or two of the global situations that confront us. (“Arab Spring”, “Greek debt crisis”, “global economic recession”).
Worship ideas	Choose worship that affirms God as a God to be adored, e.g. 102 Father we love you; 243 In the bleak mid winter (especially last verse); 298 Jesus name above all names; 409 O come let us adore him; 617 Worthy O worthy; 2096 We adore you Lord (<i>NB: 20 files containing about 30 ‘newer’ songs are available to borrow from the office for groups</i>)
Word (refs.↓)	<i>some suggestions for discussion here – you might prefer to look at just one or two of the passages below:</i>
Matthew 6:25 – 34	<ul style="list-style-type: none"> • <i>The political and economic background of Israel was one of domination under the influence of Rome. The economy was generally subsistence farming and fishing. About 2% of the population were very rich and the rest were poor. Taxation was high and life was extremely difficult. Against that background you might like to discuss these three questions and then perhaps only one or two of the remaining questions. Or simply ask which verses particularly strike you and discuss those.</i> • Worrying about the future hampers our efforts for today. Jesus looks at nature (the creation) and asks the disciples a searching rhetorical question about birds and agriculture (:26). How helpful do you find it to look away from the things that worry you towards a beautiful, self sustaining God given creation? • Concern is the positive side of worry. How true do you find this statement? • When we seek after God and his righteousness then we discover the real challenges God wants us to pursue(:33). What situations in your life would you like to see changed?
Matthew 6:25 – 27	<ul style="list-style-type: none"> • What more can we do to allow God to be trusted with the details of our lives? • How valuable are you to God? • Worrying is more harmful than helpful. Discuss?
Matthew 6:28 – 32	<ul style="list-style-type: none"> • What is really important to you? (People, objects, goals, achievements etc) • How do we keep God and his righteousness in first place in every area of our lives?
Matthew 6:33 – 34	<ul style="list-style-type: none"> • What does <i>righteousness</i> mean here to you: ‘right living’, or ‘justice’ (or both)? How urgently do you seek ‘right’ in your own life? For others? What prevents you from doing so? • In the light of the parish weekend, what more can we do to extend God’s Kingdom here in Swanland, the East Riding, The City of Hull and to the ends of the earth (Acts 1:8)?
Witness	<p><u>Pray and praise</u> <i>for one or two of the following</i></p> <ul style="list-style-type: none"> ❖ The Arab Spring and God’s peace in those nations fragile democracies ❖ The really poor nations of our global society that we may be generous givers of remedial aid and support. Think of Somalia and Pakistan ❖ for continued fruit from the parish weekend ❖ for God to assure us that we really are ‘blessed’ in the way Jesus describes here ❖ for increased confidence in sharing Christ through friendship with others. <p><u>Plan</u></p> <ul style="list-style-type: none"> ❖ an opportunity as a group or as individuals to reach out in the weeks ahead to people who are not yet Christians, e.g. village Harvest supper at St B’s (15th October).