

ULC Sermon Study Resource
Emotionally Healthy Spirituality - Learning to Surrender
Pastor Gabe Kasper
January 31st, 2021

Prayer: Pause for a few moments to go to the Lord in prayer. Ask that He would draw near to you in this time, and open your heart and mind to hear His Word.

Icebreaker: If you could bring back any fashion trend, what would it be?

Reading: Matthew 6:25-34

Outline:

- I. Don't Be Anxious (v. 25-26)
 - a. Jesus invites us to consider the bigger picture of our lives, that God cares deeply for us as the pinnacle of His creation.
 - b. Anxiety feeds on lies that we tell ourselves, and we can be set free by the deeper truths that Jesus tells us.
Q: What does Jesus mean when he says that life is more than food, and the body is more than clothing? (v. 25)
- II. Surrender Everything (v. 31-32)
 - a. If our hearts are set on Earthly possessions, we will always worry.
 - b. Even in our darkest times, God is actively at work teaching us how to surrender to Him.
Q: Why would surrendering everything to God ease anxiety?
- III. Seek First the Kingdom (v.33)
 - a. When we seek God and His kingdom, everything else fades away because we have everything we need in Christ.
 - b. There is freedom, life, and rest when we live into this reality that God will care for us now and for all eternity.
Q: What is unique about seeking the kingdom of God rather than earthly things?

Reflection/Application Questions:

- 1) Have you ever found yourself worrying or feeling guilty about the fact that you are worrying?
- 2) How can we remind ourselves of how much God cares for us, especially in times of worry?
- 3) Have you ever struggled with trusting in possessions more than God's provision? Has a dark time ever taught you to surrender earthly possessions?
- 4) What holds us back from surrendering everything to God and trusting Him with our lives?
- 5) How can we practice seeking God's kingdom first? What would this look like in your daily life?

Suggestions for further study:

- Romans 8:31-39 **Q: How does Paul describe our relationship with God?**
- Philippians 4:6 **Q: What actions can we take in times of anxiety?**
- Isaiah 40:28-29 **Q: What does this verse tell us about God?**

Closing Prayer: Heavenly Father, we thank you for providing for us not only during our time on Earth, but also for eternity. You sent your son, Jesus, to die and to rise, that we might know you and your love forever. Nothing can separate us from that. Teach us to seek first your kingdom and to surrender everything to you. In Jesus' name we pray, Amen.