

# York St Small Groups

## Sermon Based Studies

SUNDAY 1st September 2019

Speaker: Tim Walter

### Father's Day

It's all about planking

Matthew 6:25-34



Please note that these studies are designed to be explored after hearing the Sunday Sermon and also to be accompanied by a time of prayer/sharing and supper.

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**Q1.** Can you remember a time when you felt really strong? Was it physical, mental, spiritual, or in another way such as being supported or loved?

**Q2.** Is this area of felt strength something you could work on? For example, doing some exercise for strength, reading some books, or surrounding yourself with caring people?

## INTO THE WORD

### **Read Matthew 6:25-27**

**Q3.** Jesus speaks about how much we worry in this passage. He asks some questions about value and what the point is around worrying. What things worry you in and around life? If you can't think of anything ask yourself what was the last thing you lost sleep over?

### **Read Matthew 6:28-32**

**Q4.** Jesus speaks fairly strongly in verse 32 about what we need and what we chase after. There are strong links in these verses about what is temporary and what is eternal, how have you pursued the eternal things over the past week?

### **Read Matthew 6:33-34**

**Q5.** Jesus speaks of seeking God's Kingdom and right living as being the highest priority that we are to have. How can we do this in our world today?

**Q6.** Tim spoke of God's Word (Bible) being a great way to seek God's heart and to discover what God's Kingdom looks like. How can you seek God's kingdom in His Word this week? Are there any passages that you know of that help describe this?

### **Read Romans 12:1-2**

**Q7.** How do you 'renew your mind'? Can you think of a time when this helped you seek God's 'good, pleasing and perfect will'?

## GOING DEEPER

### **Read Proverbs 3:1-6**

**Q8.** Trust requires an action. Proverbs speaks of how wisdom gives us a good life, it speaks in verse 5 and 6 about trusting in the Lord with all of your heart, and submitting to Him. How can this act of trust be lived out in your own life? What is God asking you to do?

**Q9.** Proverbs 3 speaks of some simple ideas which may seem common sense to some, but to others it can be a revelation. **Read through Proverbs 3:7-35 quietly** and if something speaks to you share it with the group or, if you are doing this study by yourself, spend some time praying around that verse and what it means to your life.

## CONCLUSION & PRAYER

On Sunday we were exploring the idea of 'core strength' and how from the physical strength of our core we can carry more weight. The link between the physical and spiritual meant that if we could strengthen our spiritual core we could carry more spiritual weight. The challenge was to spend more time reading God's word, praying, and stepping out in faith through actions. How can you strengthen your spiritual core in the weeks to come?

Pray for those who are taking the challenge to spend more time seeking God's Kingdom through His word, renewing their minds through prayer, and trusting God through their actions as they step out in faith.