



“Enough Is Enough”

Matthew 6

Small Group Plan

*“God made man simple;
Man’s complex problems are of his own devising.”
Ecclesiastes 7:27
— Jerusalem Bible —*

How often have you heard someone say, “I’ve just have to have it” ?

What was the “it”?

Is it really true that we must have “it” or is this simply an expression? If this is simply an expression, then why do we usually go ahead and get “it”?

In our most thoughtful moments, all we have to do is look at what we actually have, and it again becomes clear that God has been faithful, that he currently is faithful, and that he will continue to be faithful.

OPEN IT / INTRODUCE IT ...

- How do you respond to the quote from Ecclesiastes 7 above?
- What do American’s think they need?

LOOK AT IT / STUDY IT ...

— ENOUGH —

Read Matthew 6:25-34

From The New International Version

²⁵ Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? ²⁶ 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? ²⁷ Who of you by worrying can add a single hour to his life? ²⁸ And

why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ 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, O you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

- Why does Jesus use birds and plants to illustrate his point?
- How can birds and plants teach children to not worry? Using Jesus imagery what you would actually say to a child?
- What is the lesson in Jesus’ contrast between God’s relationship with birds and plants and God’s relationship with us?
- Charles Spurgeon described “The world’s trinity of cares” “What shall we eat?” “What shall we drink?” “What shall we wear?” Spurgeon lived in the late 1800s, and yet these three issues continue to control humanity. Why? How? What is their power?
- How do they damage our emotions, our priorities and our relationships?
- If you were to rank them, which would you say is the most dangerous and damaging? Explain.

— ENOUGH IS ENOUGH —

Read Matthew 6:25-34 Again

From The Message

²⁵ “If you decide for God, living a life of God-worship, it follows that you don’t fuss about what’s on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. ²⁶ Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds. ²⁷ “Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch? ²⁸ All this time and money wasted on fashion—do you think it makes that much difference? Instead of looking at the fashions, walk out into the fields and look at the wildflowers. They never primp or shop, ²⁹ but have you ever seen color and design quite like it? The ten best-dressed men and women in the country look shabby alongside them. ³⁰ “If God gives such attention to the appearance of wildflowers—most of which are never even seen—don’t you think he’ll attend to you, take pride in you, do his best for you?”

³¹ What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. ³² People who don't know God and the way he works fuss over these things, but you know both God and how he works. ³³ Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met. ³⁴ "Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

- It has been said that **worry** and **God** cannot live in the same heart at the same time. Do you agree? Explain.
- How can God change the way we think about what we need?
- Why are some people so obsessed with fashion?
- What do you think are the most prominent goals and priorities of our American culture? Explain.
- Which of these goals are temporary and shortsighted?
- Why are they so short-lived and transient?
- Why does our culture "fuss over" them (v. 32)?
- How is God's reality completely different?

USE IT / APPLY IT ...

- What is the problem with the King James translation - "**Take no thought** for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on" (v. 25)?
- What is the difference between our needs and our luxuries?
- How can living with an attitude of "*it all depends upon me*" create more stress and anxiety?
- How can living with an attitude of faith, that God will give us what we need, relieve our stress and anxiety?
- Jesus suggests we watch the birds. What would you have to change in your daily schedule to follow his advice?
- Close with a time of quiet, personal prayer.