



MESSAGE

STUDY GUIDE

GROUP MATERIAL

SONGS

Kingdom Seekers: Graspers or Givers?

Bible Reading: Luke 12:22-34

Wider Context: Being ready for the coming judgment

- A. The final judgment reveals everything (Lk. 12:1-2; 8:17; Rom. 2:16; 1 Cor. 4:5; 2 Cor. 5:10)
- B. The parable of the rich fool: Not putting one's security in wealth (Lk. 12:13-21)
- C. Luke cautions about the dangers of money

Anxiety Is An Obstacle On Our Journey With Jesus (Lk. 12:22-34)

A. Medical Context:

- 75-90% of all visits to primary care physicians are for stress-related ailments & complaints.
- Stress & anxiety may not be the sole cause of disease, but they are major contributing factors to both mental & physical illnesses (Mayo Clinic)
 - Cardiovascular disease – high blood pressure, erratic heart rates, & heart disease
 - Immune dysfunction – continuous elevation of stress hormones (adrenaline & cortisol) weakens the immune system making the body more susceptible to infections & increasing systemic inflammation
 - GI disorders – IBS, Crohn's, Colitis
 - Psychiatric comorbidities – Anxiety often acts as a precursor or companion to other disorders: major depressive disorder, substance abuse & behavioural disorders
 - Neurological & Pain conditions – Stress is strongly correlated with severe headaches, sleep problems, & accelerated aging.

B. Principle: Don't worry about your life (Lk. 12:22-26)

1. The basics of life: food, clothing, health
2. Worry/Anxiety
3. Three reasons why disciples invite anxiety into their lives

1. The drive to acquire more & more
2. Not trusting God's ability to provide
3. Ignoring common sense
4. Trust God. Don't strive (Lk. 12:27-30)
5. A disciple's major focus: Seek God's Kingdom (Lk. 12:31-34)
6. Generosity: The antidote to Anxiety (Lk. 12:33-34)
 1. To grasp or give?
 2. To lay up treasure on earth or in heaven?
 3. Sell your possessions

C. Reflections