

# Re-Radicalized

## Devotional on the Sermon on the Mount

Week 4

### Day 18

Praise (Reflect on what you're grateful for DAY 17 with the Lord)

Read the text: Matthew 6:27 (Worrying is Wasted Energy)

Ask questions & interpret the context:

- Make a list of what brings you life?
- Why do you think those things you just listed, bring you life?
- Why do you think worry cannot be one of those things that bring you life?

Summarize: Now take a moment to go back and pour over your observations as well as your responses to the questions.

Engage with God: Bring your thoughts, questions, and desire for change to the Lord for his forgiveness, wisdom, correction, guidance, and direction.

#### Extra Questions To Consider

1. What is the Lord saying to you personally?
2. What do you need to pray about?
3. With whom does the Lord want you to share this devotional?
4. Who has the Lord placed on your heart to pray for and invite to church?

#### Digging Deeper

- Dr. Charles Mayo, of the Mayo Clinic said that our circulatory systems, our hearts, our glands, in fact our whole nervous system is affected when we worry. Why do you think that's true?
- And, if that's true, can you see any benefits to worry or anxiety?
- How can a follower of Jesus maintain, even grow, in peace and joy in spite of his/her circumstances? (Meditate on James 1: 2-8)
- How do you want to live differently as a result of reflecting on these verses?