

Letting

Go...

of WORRY

“Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.”

– Philippians 4:6-7 (The Message)

There are so many things that we worry about... health issues, family stuff, politics, aging, friends, finances, future, etc. Dictionary.com defines worry as “tormenting oneself with disturbing thoughts.” That my friend is brilliant! Read that definition again and really think about it.

Worry is on the opposing side of FAITH and it's a fierce enemy of Trust. Worry is SIN. It wants to take charge of our thoughts and run our lives. Worry is destructive. It takes away your ability to trust God and cripples your walk of faith.

Jesus says in *Matthew 6:25-34 (NIV)* “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? ²⁶Look 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? ²⁷Who of you **by worrying** can add a single hour to his life? ²⁸And **why do you worry** about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰If 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? ³¹So **do not worry**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³²For the pagans run after all these things, and your heavenly Father knows that you need them. ³³But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴Therefore **do not worry** about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Looking at Matthew 6:25-34, how many times do you see “do not worry”? _____

What specific worries are being addressed in this passage? _____

What are the two commands in verses 33-34? _____

How does this relate to you? _____

David writes in Psalm 6:3 “My mind is filled with apprehension and with gloom.” (Living Bible)

What is the apprehension/worry/gloom that fills your mind? _____

The Trouble with Worry...

Worry Borrows

- It borrows the unknown trouble of tomorrow.
- It makes you lose the spirit of hope.
- It paints an unrealistic gloomy, shocking, dreadful picture of the future.

Worry Broods

- It simmers on the back burner in the depths of your mind.
- It limits activity and curtails creativity. Brood long enough and you’ll hatch more trouble.

Worry Robs

- It steals the magic sparkle from your eyes.
- It takes away the alive look from your appearance and substitutes it with dullness.
- It confiscates a smile and etches a frown into your face.
- It keeps you from experiencing contentment and peace.
- It takes away your ability to trust God and walk by Faith.

Worry is a Habit

- It holds a death-like grip on your life... unless you let it go!

Worry is Sin

- It takes over our thoughts.
- It reveals a lack of faith makes you captive to it.
- It brings reproach on the name of Christ and shows that God isn't Big Enough!

Worry is Useless

- It never helps a situation... it only hinders it!
- It blinds you to possible solutions and makes real problems more complicated.
- It clouds the real issues at hand.
- It never changes a single thing.

Worry is a Mental Burden

- It's a physical burden draining your inner vitality.
- It stiffens your joints, hardens the arteries, and acts like poison in the blood.
- It wears you out!
- It causes you to lose sleep.
- It produces fear.

What are the steps of action that the following verses tell us to take when we are worried? And what are the results of that action?

Philippians 4:6-7 _____

1 Peter 5:6-7 _____

Proverbs 3:5-6 _____

Oftentimes the core root of worry is fear, and fear is the absence of trust.

Read Mark 4:38-40. Jesus and his disciples in a boat with a big storm coming their way...

What seemed to be the disciples' problem? _____

What do the following verses say about fear?

Psalm 46:1-3 _____

Psalm 56:3-5 _____

Isaiah 35:3-4 _____

Psalm 34:4 _____

What is the truth from God's Word in 2 Timothy 1:7? _____

God did not create us to be creatures of fear and worry. He created us to be filled with His peace! According to the following verses, how do we experience God's peace?

Isaiah 26:3 _____

Psalm 119:165 _____

Read Mark 4:19, what are the 3 things that choke out the Word and hinder our fruitfulness?

1. _____
2. _____
3. _____

Can you identify these specific issues in your own life? What are the things that are choking out the Word from your life and hindering your fruitfulness?

What is the promise given in Romans 8:28 for those who love and obey God? _____

How can this promise change your life in reference to worry? _____

Wrap up:

I must let go of _____ and _____ God.

Passage Index (NIV 1984 unless otherwise stated)

Philippians 4:6-7 “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

1 Peter 5:6-7 “Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷Cast all your anxiety on him because he cares for you.”

Proverbs 3:5-6 ⁵Trust in the LORD with all your heart and lean not on your own understanding; ⁶in all your ways acknowledge him, and he will make your paths straight.”

Mark 4:38-40 “Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, ‘Teacher, don't you care if we drown?’ ³⁹He got up, rebuked the wind and said to the waves, ‘Quiet! Be still!’ Then the wind died down and it was completely calm. ⁴⁰He said to his disciples, ‘Why are you so afraid? Do you still have no faith?’”

Psalms 46:1-3 “God is our refuge and strength, an ever-present help in trouble. ²Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, ³though its waters roar and foam and the mountains quake with their surging.”

Psalms 56:3-5 “When I am afraid, I will trust in you. ⁴In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me? ⁵All day long they twist my words; they are always plotting to harm me.”

Isaiah 35:3-4 “Strengthen the feeble hands, steady the knees that give way; ⁴say to those with fearful hearts, ‘Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you.’”

Psalms 34:4 “I sought the Lord, and he answered me; he delivered me from all my fears.”

2 Timothy 1:7 “For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.”

Isaiah 26:3 “You will keep in perfect peace him whose mind is steadfast, because he trusts in you.”

Psalms 119:165 “Great peace have they who love your law, and nothing can make them stumble.”

Mark 4:19 “but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.”

Romans 8:28 “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”