

## Walking with Worry



# HOW SHOULD WE HANDLE WORRY IN OUR LIVES?

## The POINT >

We can trust God by placing Him first, knowing He will provide for us.

### > MATTHEW 6:25-34

<sup>25</sup>“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup> Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup> And which of you by being anxious can add a single hour to his span of life? <sup>28</sup> And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into

the oven, will he not much more clothe you, O you of little faith? <sup>31</sup> Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. <sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be added to you.

<sup>34</sup>“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”



# THE BIBLE MEETS LIFE

## FACT:

The idea for the rocking chair began in 1725 when skates were tied to the bottom of an English Yorkshire Windsor chair.<sup>1</sup>



## LEVELS OF BIBLICAL LEARNING // JESUS

Jesus knows we will worry and gives us a road map on how to deal with it—by trusting that He knows best and will meet all our needs.

Have you ever heard the saying, “Worry is like a rocking chair. It gives you something to do, but it doesn’t get you anywhere”? It’s funny how when someone else is telling us about their worries and fears, it’s easy to see their worry as unnecessary time and thought on something that really isn’t doing any good. However, when it’s our own worry and anxiousness, it’s a whole different ballgame. We often feel justified in our excessive worry. Many times, it consumes us—our time, thoughts, energy, attitude, mood, words, and actions. Although we know it may not “get us anywhere,” we continue to keep rocking.

Jesus offers wisdom, instruction, and encouragement when it comes to worry and anxiousness. He wasn’t speaking as someone who was never tempted with worry; He had many situations worthy of worry throughout His life. He had no home, no consistent job, and often no shelter, food, or water. Yet Jesus told us not to worry in the passage we’ll be looking at today, and He provides a thought process to help us with this difficult task.

## MATTHEW 6:25-30

**1** How does Jesus prove that we can trust Him to care for our needs without worrying?

**2** How can we know if we are trusting in ourselves or in God’s love and provision?

## MATTHEW 6:31-32

**3** Why does worry and anxiety make us like the Gentiles, according to Jesus?

**4** How can we be assured that God knows and understands our needs better than we do?

**5** How can we grow in our reliance on God to meet our needs instead of trying to obtain our desires?

## MATTHEW 6:33-34

**6** Think of a time when you were worried about having a need met. Was it a need or desire, and what did you learn about God's provision through it?

**7** How can we know the difference between needs and desires?

**8** Identify a desire that you struggle with. How can we begin to align our desires with godly things instead of self-centered things?

*God wants us to rely on Him as He meets our needs, not on our own abilities and power.  
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# LIVE IT OUT



## LEVELS OF BIBLICAL LEARNING // JESUS

*Jesus knows we will worry and gives us a road map on how to deal with it—by trusting that He knows best and will meet all our needs.*

We can't ignore the fact that anxiety and worry are at an all-time high among this generation of believers. It's important to recognize the significance of this issue when teaching this session. However, take heart—you don't need to be a professional counselor to support students in this area. Be present, share the truth, and encourage students on their journey.

## > CHRIST

**9** How does our worry and anxiousness distract us from what Jesus wants from us?

**10** How did Jesus model relying on the Father instead of self to meet His needs?

GOD

**JESUS**

HOLY SPIRIT

BIBLE

SALVATION

CREATION

CHURCH

PEOPLE

FAMILY

COMMUNITY  
& WORLD



## > COMMUNITY

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**11** How could your worry and anxiousness potentially affect those around you?

**12** On the other hand, how could a kingdom focus and reliance on God to provide for your needs affect those around you?

## > CULTURE

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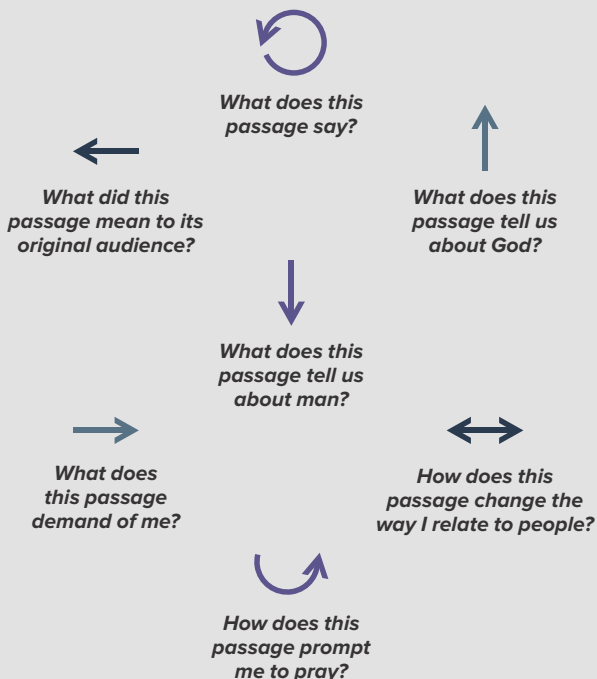
**13** When considering our needs and desires, how does a biblical perspective differ from a cultural or worldly perspective?

**14** Why might those in the culture around us have more worry and anxiety than followers of Jesus?

# DAILY DEVOTIONS



## The 7 Arrows of Bible Reading



## Day One PHILIPPIANS 4:6-7

“Don’t worry about anything” (Phil. 4:6). This is a bold and challenging command! We are so used to worry and anxiety in our world today that it’s hard to imagine life without it. Where do we even begin? According to this passage, Paul instructs us to rid ourselves of worry by offering God prayers of thanksgiving and making our requests known to Him. Did you know that gratitude helps drive out worry? For us, this means that if we are offering prayers of thanksgiving and gratitude to our Father, we cannot also be focusing on our worries and fears. Only one can exist at a time.

Next, Paul says to bring our requests to God. He already knows our thoughts and fears. We are simply to bring them and release them to Him to take care of it in the way He knows is best for us.

➤ **What is a current fear or worry you have? Write a pray to God expressing your thoughts. Ask Him to handle the situation how He sees fit for His glory.**

➤ **Now, turn to thankfulness. Instead of thinking about the concern, write a prayer of thankfulness and gratitude to God.**

## Day Two

# JOHN 14:27

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Verse 27 says, “Peace I leave with you. My peace I give to you” (CSB). This verse ends with the command to not be troubled or worried, but verse 26 tells us why we shouldn’t worry and how to keep our minds from feeling troubled. Before Jesus died, He promised to send a helper, the Holy Spirit, to teach and guide us. He follows this promise with the words “my peace I give to you” (v. 27, CSB).

What’s the difference between the world’s peace and peace from Jesus? There is a difference in peace as we think of it in a worldly manner and the peace that Jesus offers through the indwelling of the Holy Spirit. Essentially, Jesus lives in us through the Spirit, and the Spirit gives true peace, a peace the world cannot understand. This peace, if we allow it, will calm our hearts and keep us from being troubled and afraid.

- **How is the peace of Jesus different from the world’s peace?**
- **How does having the Holy Spirit in us keep us from feeling troubled and worried?**

## Day Three

# PROVERBS 3:5-6

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Often our fears and worries are not for our immediate safety and protection but for our future. We want to make good decisions that set us up for a successful life. This concern about making the right decisions and our future situations can often drive us to worry and anxiety. What if I make the wrong decision? How do I know what decision is best for me and my life?

Proverbs 3:5-6 tells us that God will direct our paths. He will offer us guidance and direction so we know the decisions to make. However, to ensure direction, it says that we must rely on the Lord and not our own understanding. Are we trusting in the Lord and relying on Him to guide and direct our future in the way He sees fit, or are we trying to rely on our own understanding and knowledge?

- **What would it look like in your life to pursue God instead of worldly success?**
- **How can you rely on the Lord and not your own knowledge and understanding for direction and guidance? What does this look like practically in your life?**

## Day Four

# ISAIAH 41:10

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Worry and anxiety ultimately come from fear—fear of missing out, going unnoticed, failure, death, and more. Our lives are filled with fears, even though we may not realize it or recognize the fear motivating our worry and concern. Isaiah 41:10 tells us not to fear. Do not fear loneliness, failure, wasted time or effort, a bad reputation, illness, or death—nothing! It also tells us why we should not fear: God will help us. He will strengthen us and hold us up.

Have you ever had one of those terrible, horrible, no good, very bad days? You know, the kind of day where it felt like the sky was falling and you just might not make it through? Remember that God is present, and He is waiting to provide strength and hold us up when we feel like we can't carry on.

› **How does fear sometimes play a role in your life? What fear might be behind your worry and concern?**

› **How have you seen God strengthen you and hold you up when you were too weak?**

## Day Five

# PHILIPPIANS 1:21

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If we follow our fears and worries out to the very worst that could possibly happen, death is the ultimate fear. The popular phrase, “But did you die?” is often used to downplay bad experiences by pointing out that if you're still alive, it couldn't have been that bad after all. In Philippians 1:21, Paul argues that for a believer, death isn't even that bad; in fact, to die is actually gain or benefit for us. For believers, death is victory since we will be perfectly restored and with God for all eternity.

Therefore, if the ultimate loss of death is actually to our benefit, we truly have nothing to fear. As long as we have life, we are to commit it to following Christ. My life is for Christ, and even in death, I win. There is nothing we should fear.

› **What does Paul imply when he says “to live is Christ”?**

› **How does knowing that death is a win for us as believers help you face worry and anxiety?**