



## *Taming The Giants - Winning Against Worry*

*Worry* has been a common thread in man throughout history. Few would argue that it is useless and unhealthy. It is ultimately foolish because it concerns that which isn't. It lives in a future that can't be foreseen. It deals in what-ifs and could-bes, speculation and possibility. Most of us would agree that there are no benefits in *worrying*. Yet, few believe they can win against it. May you find new tools to winning against *worry* as you study this lesson on a powerful, but tamable foe.

### **DAYS ONE and TWO: Read Matthew 6:25-34**

1. Matthew 5-7 is referred to as Jesus' Sermon on the Mount. In it, we have the description of the blessed life and we have the description of the choices that lead to the blessed life. Right on the heels of Jesus telling us that we cannot serve two masters, He covers a pitfall that often results from our attempts to serve anyone or anything other than the Lord, including our own desires. That pitfall is *worry*. In this lesson we will concentrate on what Matthew 6:25-34 teaches about *worry* - the reasons Jesus gives us that this crippling thought process need not be a part of our lives. This section begins with the word *therefore*. *Therefore*, because you cannot serve God and money, *Do not worry*. What do you think the word *therefore* is there for?
  - a. What is the connection between the exhortation not to try to serve two masters and *worry*?
  
2. *Do not worry about your life*. What three components of everyday life does Jesus mention in verse 25?
  - a. Living in America, despite high inflation and leaner times, we still live in abundance in comparison to the rest of the world. Typically, we always have access to food, something to drink and clothing. So how do you apply Matthew 6:25 to your life today?

3. Record the reasons Jesus gives that we should not *worry*.

Verse 25b:

Verse 26

Verse 27

Verses 28, 29

Verse 30

Verse 32

4. What question does Jesus ask at the end of verse 25?

a. What is *life* to be about? See verse 33

b. According to this verse, what is the promised result of *seeking His kingdom first*?

1.) Read the New Living Translation of 1 John 2:16. *For the world offers only the lust for physical pleasure, the lust for everything we see, and pride in our possessions. These are not from the Father. They are from this evil world.* What three things does the world offer?

a.) How might a person who *worries* get caught up in this kind of thinking?

5. Describe what a person would be like who followed the truths of Matthew 6:25-34.

6. Record the command of Matthew 6:34.

a. Why do you think we spend so much time *worrying* about *tomorrow* rather than focusing on today?

7. *Food, drink, and clothing* are all necessary. Yet, we are not to *worry* about them. What is the difference between *worry* and concern?

### DAY THREE: Read Mark 4:1-20

1. This section is often referred to as the Parable of the Sower. Many apply this parable to salvation. Let's look at it under a different light – the receptivity of receiving and applying the truths of the Word of God. Using verses 4-8, what are the four types of *ground* that the *seed* fell on?
2. Jesus explained the parable to His disciples in verses 13-20, stating that the *seed* that was being *sowed* was the Word of God. In verse 19, Jesus defined those whose hearts represented the ground of verse 7, ground with *thorns*; *thorns that grew up and choked it* (the Word) *and it yielded no crop*. In what ways does *worry*:
  - A. choke God's Word in a person's life?
  - B. prevent a *crop* from *yielding* (prevent a person's life from bearing fruit)?
3. What practical things can you do to prevent *thorns of care* (worry) from growing in your heart?
  - a. What can you do if they are already there?

**Challenge:** Use Scripture to support your answers for #3 and #3a.

4. Read Luke 21:34. Jesus warns against three sins that can *weigh down the heart* NIV. One is *the anxieties of life*. What are the other two?
  - a. How does this speak to you about the seriousness of *worry*?

### DAY FOUR: Read Luke 10:38-42

1. Summarize these verses by recording how you would relate to a friend what happened.
2. How does verse 40 describe *Martha*?

3. What was Jesus' response to Martha's request? Verse 41
4. Again we see that *worry* can lead to *distraction*. Why was Martha's act of service not the *good part* as was Mary's?
5. The meal still had to be prepared and served. What might Martha had done differently?
6. What are the lessons of these verses?

*Not work, but worry, makes us weary.*

*-S.I. Mc Millen*

#### **DAY FIVE:**

1. Spend the day looking up as many of these verses as you have time and reflect upon why *worry* is an unnecessary and sinful use of our time:

Psalm 9:10

Psalm 37:25, 28

Psalm 55:22

Psalm 84:11

Jeremiah 32:17

Romans 8:28

Romans 8:32

Philippians 4:6, 7

1 Peter 5:7

**Challenge:** Add to the list

2. How does knowing God is faithful to **all** of His promises encourage you not to *worry*?

## DAY SIX: Review

1. *Worry* has its effects. What are the negative effects of *worry*?

a. What are the positive effects of *worry*☺?

1.) Can't think of any? Then list some of the reasons why we *worry* anyway?

2. Why does the Bible tell us not to *worry*?

3. What do you know about God that helps you not to *worry*?

4. What steps have you discovered to be helpful when you start to *worry*?

5. Share one thing from this lesson that has been helpful to you.

*Give all your worries and cares to God, for he cares about what happens to you.*

*-1 Peter 5:7 NLT*