

# The Christian's Attitude Toward Worry



Discovering God's Word

Bible Study Series

# The Christian's Attitude Toward Worry

*Biblical reasons Christians should not worry*

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## Discovering God's Word Bible Study Series

**Study Number:** DGW2

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**My plea:** It is my hope and prayer that you are searching for the truth that is contained in God's word, the Bible. My desire is to help you understand and obey these truths God has revealed in the pages of His word. It is to that end that I write this material. Please observe all of the Scripture references and evaluate whether the conclusions I have drawn are in harmony with God's word. If they are, I ask that you make honest application of those truths to your life and obey God's instructions.

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# The Christian's Attitude Toward Worry

What should the Christian's attitude be toward worry? That is, what should our mindsets be toward worrying about earthly things?

First, let's recognize the fact that Christians live in the world, but are not *of* the world. In John 15:19, Jesus says, "If you were of the world, the world would love its own. Yet because you are not of the world, but I chose you out of the world, therefore the world hates you." Romans 12:2 instructs, "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

If we were *of* the world, we would be seeking the things of the world and living according to the world's standards. However, since we are not *of* the world, we are seeking Heavenly things and living according to God's standards. Colossians 3:1-2 says, "If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth."

This world is completely consumed by worry. This world worries about jobs, health, possessions, death, family, politics, and many other things! However, the Christian (who is not *of* the world) should not be worried about such things! Instead, he/she is focused on Heavenly things!

Next, I want to carefully define what our subject is – and is not – about. Please understand that this lesson is *not* about exercising forethought. Christians should be exercising forethought and making plans (as long as they recognize their dependence upon the will of God and realize that they can be changed). This lesson is *not* about carefree living. Christians certainly should not view life as a joke or fail to take life seriously. Also, this lesson is not about living in a way which fails to show any concern about self or about others. Christians must be concerned about their own lives and be concerned about the lives of others – so that they can respond to each one appropriately.

Instead, our subject is about handling the cares and concerns of life in the proper manner, so as not to produce anxiety or worry. According to *Merriam Webster's Online Dictionary*, worry is a "mental distress or agitation resulting from concern usually for something impending or anticipated [Worry. (n.d.). Retrieved January 29, 2015, from <http://www.merriam-webster.com/dictionary/worry>]. Therefore, our study is about those cares and concerns that are not handled properly so as to produce worry about things that are anticipated (things which may or may not happen) or things that are impending.

So, as we begin this study, let me state that the Christian's attitude toward worry is that the Christian does not worry! He/she views worry as being sinful (a violation of God's commandments and His expectations for His people). The Christian views worry in this way for the following reasons (which we'll be exploring through this lesson).

## ***Worry Violates Christ's Command***

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The first reason Christians will put worry away from their lives is because worry is a violation of Jesus' commandment – most notably in Matthew 6:25-34.

## Matthew 6:25-34

Consider what Jesus taught in Matthew 6:25-34: “Therefore I say to you, do not worry 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? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?”

“So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?”

“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

### Christ forbids anxiety about the things of this life

Notice the frequency with which Jesus Christ forbids worry (or, anxiety). In verse 25, He said “do not worry about your life....” In verse 31, He said, “do not worry....” And, again in verse 34: “do not worry....” So, within one short passage of Scripture Jesus gives this command not to worry – not once, not twice, but **three times**! Now, let’s be very careful to observe the seriousness of Christ’s commandment – and not be guilty of trying to manipulate the Scriptures, saying that Jesus really did not mean that we could never worry! Again, Jesus meant what He said so much that He repeated this same commandment **three times**!

Now, I want you to notice the fact that Jesus does not just forbid worry about things which are unnecessary to life on this earth (i.e. accumulating wealth and possessions, a project that has no significant impact on your life, making preparations to go on a trip, sports, and similar insignificant things that the world often worries about). Yes, Jesus’ command not to worry is applicable to these things; but, not to these things *only*!

Instead, when you consider the text, Jesus is actually forbidding worry even about the things which are necessary to our lives and the lives of our family members (i.e. food and clothing). Notice verse 25 again, “Therefore I say to you, do not worry 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?” Similarly, verse 31 said, “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’”

Think about what this fact means to our lives and our worries! If Jesus forbids anxiety over the things which are necessary to our earthly lives (and the earthly lives of our family members), certainly those things which are unnecessary are also forbidden!

### If you worry, you violate Christ’s command

As I mentioned a moment ago, let’s not attempt to twist Jesus’ teaching in such a way that *our* worry feels justified. Jesus said “do not worry” – three times! In addition, let’s not view the violation of this command as being “no big deal,” thinking that it is only a small offense that does not carry significant consequences!

With God, sin is sin – no matter how man views the offense! 1 John 3:4 defines sin as “lawlessness.” 1 John 5:17 says that “All unrighteousness is sin.” So, sin refers to anything that violates the commands/instructions of God and goes against God’s standard of righteousness. Furthermore, James says, “Therefore, to him who knows to do good and does not do it, to him it is sin” (James 4:17). That is, if you know God wants you not to worry – and you do worry, you commit sin!

Then, please be reminded of the consequence that results from sinning against God. Romans 6:23 says that the “wages of sin is death.” According to Isaiah 59:1-2, sin separates the sinner from God. This is spiritual death. And, the eternal consequence of sin is everlasting spiritual death in Hell (see Revelation 21:8). Therefore, the Christian must determine not to violate Christ’s command in Mathew 6 – because it has eternal consequences!

## ***Worry Steals Your Focus***

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Take a moment to consider the reason *why* Jesus forbade worry in Matthew 6. Perhaps He had several reasons for doing so (as we’ll be discussing throughout this lesson). However, one of the most apparent reasons is because worry steals your focus!

### **The focus...on focus (Matthew 6:19-34)**

As you consider the larger context of the passage in Matthew 6 we’ve already read, you’ll discover that Jesus’ focus is on our focus!

Consider how that Jesus instructs us to have our focus on Heavenly things rather than earthly things in Matthew 6:19-21: “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” Notice that Jesus warns against putting our focus on earthly things because of the temporary nature of such; and encourages us to focus on spiritual things because of their eternal nature!

Next, consider how Jesus discusses the need for a single focus in Matthew 6:22-24: “The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness! No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.” In this

passage, as I understand it, the imagery concerning the eye that is good and the eye that is bad has reference to having single vision or double vision. So, Jesus is emphasizing the need to have a single focus on Heavenly things throughout your life rather than being focused on many different things (and on earthly things)! Furthermore, Jesus says that we cannot serve two different masters and be acceptable to God. We must focus entirely on serving God!

So, it is in this context that Jesus forbids worry. “Therefore I say to you, do not worry 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?” (verse 25). Notice the word “Therefore” very carefully – as it transitions from the previous statement into the things Jesus is about to say. Since we must focus entirely upon serving God and storing up treasures in Heaven, Jesus forbids worry about earthly things (in verses 25-34). As we’ve already noticed, He even says that we must not focus on the earthly necessities of life! Instead, He instructs that we focus entirely on God! In verse 33, He says, “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

### **How worry steals your focus**

We have just observed that Jesus forbids worry because it steals your focus away from serving God. But, *how* does worry do this? Some might believe that worry has no negative impact on their focus or their lives.

However, worry, by its very nature, will take (at least) mental energy. It is going to take time and focus in order to think about the things you are worried about. And, worry often becomes paralyzing by not allowing you to concentrate on anything else (consuming your thoughts and driving your decisions and actions). Therefore, worry becomes a great distraction in serving the Lord and hinders your effectiveness in God’s service!

Just think about it. If you are worried about *anything*, your focus will **not** be entirely set on Jesus Christ. Instead, you will be (at least to some degree) focused on earthly things. Consider the following passage concerning some individuals who were

distracted by earthly things from serving Jesus Christ entirely.

Luke 9:57-62 says, “Now it happened as they journeyed on the road, that someone said to Him, ‘Lord, I will follow You wherever You go.’ And Jesus said to him, ‘Foxes have holes and birds of the air have nests, but the Son of Man has nowhere to lay His head.’ Then He said to another, ‘Follow Me.’ But he said, ‘Lord, let me first go and bury my father.’ Jesus said to him, ‘Let the dead bury their own dead, but you go and preach the kingdom of God.’ And another also said, ‘Lord, I will follow You, but let me first go and bid them farewell who are at my house.’ But Jesus said to him, ‘No one, having put his hand to the plow, and looking back, is fit for the kingdom of God.’”

Now, consider the areas in which worry can hinder your service to God. If you are worried about earthly things, you will not be able to focus on spreading the gospel of Jesus Christ as you should. If you are worried about earthly things, you will not be able to focus on serving others as you should. If you are worried about earthly things, you will not be able to focus on studying the Bible as you should. If you are worried about earthly things, you will not be as focused on prayer. If you are worried about earthly things, you will not fulfill your responsibilities in the home or the church like you should. If you are worried about earthly things, you will not be able to serve God to your full potential in any area! Remember, Jesus said that you cannot serve two masters (Matthew 6:24). You simply cannot serve worry *and* God!

Also, notice what Jesus says in Matthew 6:34: “Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.” In addition to all of the things I’ve just mentioned, please realize that worry will distract you from properly dealing with the problems of the day (because you’ll be focused on other things which may or may not happen)! So, rather than being distracted by worry over earthly things, Christians must determine to be sober-minded as we face our adversary, the devil (see 1 Peter 5:8-9)!

The bottom line is: If you worry, you cannot focus entirely upon Jesus Christ – and it will take our entire focus in order for us to serve Christ in a way that pleases Him! So, we must choose which master we will serve!

## ***Worry Demonstrates A Lack Of Faith In God***

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The Christian’s life is a life of faith, fully trusting in God’s ways rather than relying on our own understandings. Proverbs 3:5-6 says, “Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.” However, worry demonstrates a lack of faith in God.

### **Christians are children of God**

Consider the comforting words of Paul in Romans 8:16-17 concerning those who are Christians: “The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs — heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.”

Christians are children of God! Now, consider the great comfort that is involved in being a child of the Almighty, All-Wise, All-Seeing, Ever-Present, and Eternal God who created all things (including you)! Consider what Jesus said about the ability of God to provide for His children, in Matthew 7:7-11: “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man is there among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!”

What a blessing! What a comfort! What a help as we navigate through the stormy waters of life! Then, consider the statement that is made in 1

Peter 5:7: “casting all your care upon Him, for He cares for you.” So, God knows that we are going to have cares and concerns as we live on this earth. However, He tells us that He cares for us – and invites us to cast all of our cares upon Him (our Almighty, All-Wise, All-Seeing, Ever-Present, and Eternal Father who created the universe)!

Now, consider what message we send to this loving and caring Father whenever we decide to worry about earthly things. We are sending the message to God that we do not trust Him – and that He will not properly care for us! After all, if we *really* trusted in God and trusted in Him to care for us, we would not need to worry (which is precisely the point)!

### **In physical things**

Often times, our worry is focused on physical things. And, whenever we worry about such, we demonstrate a lack of faith in God to provide for us physically.

Now, please realize that God has *not* promised that His children will have an abundance of worldly goods and never experience any kind of trouble. Please consider that if these are your expectations, you can begin to correct your problem of worry by changing your expectations and by learning contentment!

God has only promised us that we will have the things we absolutely need to sustain our physical lives – if we seek Him first. Notice Matthew 6:33 again: “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” Now, the “these things” which are promised to be added to us are the necessities of life – food, drink, and clothing.

These are the only things God promises to give us – physically. In Matthew 6:31-32, Jesus says that the Father knows we have need of food, drink, and clothing. 1 Timothy 6:8 says: “And having food and clothing, with these we shall be content.”

In fact, God not only knows that we have need of these things, but, He promises them to us – if we will seek Him first (note that this promise is conditional). Furthermore, He demonstrates that He will provide these things for us by providing them for

His creation. In Matthew 6:26, Jesus draws our attention to the birds of the air – and how they do not sow, reap, or gather into barns; yet, God feeds them. In Matthew 6:28-30, Jesus draws our attention to the flowers in the field and how God clothes them beautifully! And, His point at the end of each of these comparisons is: “Are you not of more value than they? (verse 26). “Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?” (verse 30).

“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things” (Matthew 6:31-32). So, do not be like those who are without God (like the Gentiles were at that time)! Recognize God’s care and put your focus entirely on Him (verse 33)!

### **In spiritual things**

While most of our worry is about physical things, it is possible to sin by worrying about spiritual things. And, worrying about spiritual things is just as harmful (if not more so) as worrying about physical things – and demonstrates a lack of faith in God.

Now, please remember that our discussion is about the *Christian’s* attitude toward worry. The Christian has no need to worry about his/her soul! Certainly, this is not to say that Christians have no need to be concerned about their spiritual conditions. Everyone should be concerned about their spiritual conditions – and then take those concerns to God and do what He instructs us to do in order to be made right in His sight!

Still, the Christian can rest assured upon the promises of the God who cannot lie (Titus 1:2)! So, the Christian, as long as he/she is faithful to God, does not need to be worried about his/her soul being destroyed! Consider Romans 8:31-39 as one passage that should be a great comfort to every child of God.

“What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? Who shall bring a charge against God’s elect?

It is God who justifies. Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written: 'For Your sake we are killed all day long; We are accounted as sheep for the slaughter.' Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord."

So, nothing and no one can steal our souls away from God – no matter how powerful the force might seem at a given moment in time! The only thing that can cause us to lose our souls is if we choose to sin against God (see Jude 1:21 and Galatians 5:4).

## ***Worry Destroys Your Influence***

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Up to this point in our study, we have largely focused on how worry influences your relationship with God. However, I also want you to understand that worry destroys your influence for Christ in the world – and has a negative impact on others!

### **The world sees worry every day**

At the beginning of this lesson, I emphasized the fact that the world is consumed by worry – worry about everything imaginable! Therefore, the people we come into contact with as we live our lives see worry every day. They see worry in their own lives – and they see worry in the lives of the people they are around.

Furthermore, the world is even so consumed by worry that it compounds sin upon sin by attempting to deal with worry in sinful ways. Oftentimes, the world will attempt to deal with worry by turning to alcohol, drugs, tobacco products, etc.

Or, the world attempts to deal with worry by abandoning responsibilities (i.e. to spouses, children, etc.). Or, the world attempts to deal with worry by committing suicide or murder. There are many different sinful ways in which the world deals with its worries.

### **The Christian must show a different way of living**

The Christian must show a different, God-shaped way of living to the world. Again, notice the contrast given in Romans 12:1-2: "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

The Christian is not cut from the same mold as the rest of the world is. He/she is transformed into who God wants him/her to be! This is just as true about worry as it is about any other area of life!

Jesus said that we must be examples to the world – the kind of examples that will draw the world to glorifying God, in Matthew 5:13-16: "You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men. You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven." In 2 Corinthians 6:17, God instructs His people to "Come out from among them And be separate"!

Therefore, the world should not see worry in the life of a Christian. Instead, they should see unwavering faith! For, 2 Corinthians 5:7 says that we "walk by faith, not by sight." And, as we read from Proverbs 3:5-6 earlier, the world should see someone who entirely trusts in the Lord and refuses to rely on his/her own understanding when they see the Christian!



In fact, when the world looks at the Christian's life, they should see a life that is full of joy and hope in the Lord! Now, this certainly does not mean that Christians should pretend that everything in life is perfect and that there are no troubles or pains with living for Christ. Instead, this means that Christians should have such a confidence in God that he/she even finds joy even in the midst of trials (see James 1:2-4)! This is all possible because the Christian has a "living hope through the resurrection of Jesus Christ from the dead, to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you, who are kept by the power of God through faith for salvation ready to be revealed in the last time" (1 Peter 1:3-5)! However, worry will rob you of this joy (because you will be focused on those things rather than entirely focusing on the Lord) and will destroy your influence among others!

## ***Worry Harms Your Body***

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One of the most widely known facts about worry is that it has a negative impact on your physical health. Therefore, the Christian (as a steward of his/her physical body) should avoid worry in order to avoid this unnecessary physical harm.

### **Physical harm is attached to worry**

I don't know of anyone who would claim that physical harm is *not* attached to worry. This has been widely documented.

First, before considering a few medical facts about worry, consider what God says in Proverbs 12:25: "Anxiety in the heart of man causes depression, But a good word makes it glad." Much of the world today suffers from depression. Here, according to God, is a cause of depression in the heart of man: Anxiety (worry)! That is, depression often results when individuals do not handle their cares/concerns properly! Clearly, this is opposite of the joy that God wants from His people (see Philippians 4:4)!

In addition to this, we are told (from medical sources) that worry is linked to stress – and stress is

linked to headaches, panic attacks, chest pain, etc. In fact, *WebMD* says that stress "is linked to six of the leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and even suicide" [How Stress Affects Your Health. (n.d.). Retrieved January 29, 2015, from <http://www.webmd.com/depression/stress-anxiety-depression>].

### **Your body belongs to God and you must use it to His glory**

Why do I even mention the physical effects of worry in this Bible study lesson. Certainly, this lesson is *not* about how we can live healthy and prosperous lives (from an earthly perspective). However, I mention this fact because how we care for our physical bodies impacts whether we please God or not!

Consider 1 Corinthians 6:19-20: "Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's." Quite simply: Our bodies belong to God – and we must use them to serve Him!

However, if we are doing things that knowingly harm our bodies, we fail to be good stewards of the health God has blessed us with – and we harm our abilities to use our bodies to God's glory! Think about it. If we are choosing to allow worry to negatively impact our lives and our health, we are robbing God of the health we could have otherwise been using to His glory!

## ***Worry Does No Good***

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The final reason I want us to study in this lesson, concerning why the Christian should refuse to worry, is that worry does no good. Now, please realize that – even if worry *did* accomplish something – it is still forbidden by God. Yet, the fact of the matter is that worry (of itself) accomplishes absolutely zero good – and the Christian should

desire to stay away from everything that accomplishes no good!

## **Worry is not profitable**

Back in Matthew 6, notice verse 27 carefully. In addition to all of the others points Jesus makes about worry, He reasons, “Which of you by worrying can add one cubit to his stature?” Instead of this statement about height, other translations render the passage similar to the NIV, which says, “Can any one of you by worrying add a single hour to your life?” Ultimately, it does not matter what we’re talking about, the point is that worry does no good!

It does not change anything! People worry about their health – only to make it worse. People worry about death – but cannot avoid it. People worry about money – and cannot change their situations. People worry about being accepted by their peers – but cannot make others accept them. People worry about all sorts of things – but cannot change anything *by worrying*! Now, we can make many changes to things in our lives and have many positive impacts; but, these are not accomplished by worry!

Those who spend their time worrying have often been compared to someone who sits in a rocking chair – they each spend a lot of effort to get nowhere! As a result of worrying, time is wasted, money is wasted, energy is wasted, your health is wasted, your family relationships are wasted, and many other things are wasted!

## **Be a good steward**

The Christian is a steward. In fact, everyone who lives on earth is a steward. Matthew 25:14-30 records Jesus’ parable of the talents. In this parable, a man goes away on a journey and entrusts his possessions (talents) to his servants. According to their abilities, he entrusted a particular amount of talents (a weight of gold or silver) to each one of his servants. One servant was entrusted with five talents, another two, and another one.

Later, the man returned and settled accounts with his servants, judging them as to how they had managed his possessions while he was away. The one who had been given five talents gained an

additional five. The one who had been given two talents gained an additional two. However, the one who had been given only a single talent had not gained anything. Therefore, the five and two talent servants were rewarded for their faithful stewardship; while the one talent man was punished for his unfaithful stewardship.

In the same way, Jesus Christ has entrusted certain things to our care (i.e. our time, energy, money, possessions, health, family, etc.). He expects us to use all of these things to His honor and glory until He comes. And, when He comes, He will judge each one of us as to whether we had been faithful or unfaithful stewards!

Again, worry expends a great deal of our God-given resources (i.e. time, energy, health, money, etc.). However, it gets nothing in return. This is just like the one talent man – who hid the talent in the ground and gained nothing in return for his master! So, rather than wasting the things we have been entrusted with, choose to manage those things well by using them in God’s service! Simply put, if you worry, you are being wasteful – and failing to be a good steward!

## **Conclusion**

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Has this lesson described your attitude toward worry? Now, in this lesson, we have focused on why the Christian must not worry. But, we have not yet considered much about the answer to worry.

Quite simply, the Christian must deal with his/her cares and concerns properly – by relying entirely upon God! Consider two passages that will give you all the information you need to know to help you solve the problem of worry. 1 Peter 5:7 says, “casting all your care upon Him, for He cares for you.” Philippians 4:6-7 says, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

So, the answer to worry is that the Christian does not *have* to worry! He/she has God! Give your concerns to God! Trust that He will care for you! Trust in Him with all your heart and do not lean on your own understanding (Proverbs 3:5-6)! A failure to do this will result in worry. And, as we have seen, worry is sinful!

## ***Study Questions***

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Carefully define this subject.

### **1. Worry Violates Christ's Command**

What does Christ forbid in Matthew 6:25-34?

Why is violating this command significant?

### **2. Worry Steals Your Focus**

What is Christ's emphasis in Matthew 6:19-34? How does this connect to worry?

How does worry steal your focus?

### **3. Worry Demonstrates A Lack Of Faith In God**

What is the significance of being a child of God?

How does worry about physical things demonstrate a lack of faith in God?

How does worry about spiritual things demonstrate a lack of faith in God?

### **4. Worry Destroys Your Influence**

Discuss how the world sees worry every day. How does the world often react to worry?

Discuss how the Christian must show a different way of living – particularly as it applies to worry.

### **5. Worry Harms Your Body**

How does worry harm your physical body?

What does the Bible say about using your body? How does worry impact this?

### **6. Worry Does No Good**

List every good thing worry produces below.

Discuss how you should be a good steward. How does worry negatively impact your stewardship?