

THE WORRY BIBLE STUDY

Worry: *a state of mental and emotional agitation and distress resulting from undue concern over something impending or anticipated; anxiety.*

1. God knew, that through the sinful nature, man was likely to worry about all sorts of things. God gave commands to people about worrying.
 - a. According to Matthew 6:25 what are some things we should not worry about? _____
_____.
Why should we not worry about these things? _____
_____.
 - b. According to Matthew 6:26 what does God compare the value of man with? _____
What is the value of man? _____.
 - c. According to Matthew 6:32 who worries about their food or clothes or other worldly things? _____
Why don't we need to worry about these things? _____.
 - d. According to Matthew 6:34 what are we **not** to worry about? _____
Why should we **not** worry about this? _____
What are some future things that you have worried about? _____
_____.
 - e. According to Luke 10:38-42 what was Martha worried about? _____
_____.
What should she have been interested in instead? _____
_____.
 - f. According to Philippians 4:6 what should we not be anxious (worry) about? _____
Instead of worrying about anything what should we be doing? _____
_____.

2. There are many harmful effects from worry; stress, fatigue, addictions, ulcers, headaches, insomnia and nervousness to name a few. The Bible also describes some effects of worrying.
 - a. According to Proverbs 12:25 what effect does worry have on a person? _____
_____.
 - b. According to Ecclesiastes 5:12 what is the consequence of a rich man worrying about his riches? _____.
 - c. According to Matthew 13:22 what happened to the man who received the word of God but the worries of life got a hold of him? _____
_____.
 - d. According to Luke 12:25-26 what is not accomplished when we worry about something? _____
_____.

3. We need to look at what we should do instead of worrying. See if you can apply these things to your life.
 - a. According to Ecclesiastes 11:10 what should we do with anxiety and worry in our life? _____.
 - b. According to Luke 21:14 what do we need to do instead of worrying how we are to defend ourselves? _____.
 - c. According to Romans 14:23 what is everything that does not come from faith? _____.
What does this tell us about worrying? _____.
What do we need to have instead of worry? _____.
 - d. According to Philippians 4:4 what should we be doing rather than worrying? _____.
 - e. According to Philippians 4:8 what will help us to refocus our minds rather than allowing ourselves to worry about things? _____.
 - f. According to Colossians 3:15-17 what are at least five things that are listed that will help us not to worry? _____.

_____.
 - g. According to 1 Peter 5:6-7 what should we do when anxiety comes upon us? _____.

4. The main reason we do not need to worry is because God is in control and he loves us.
 - a. According to Psalm 127:2 what does God give to those whom he loves? _____.
 - b. According to Ecclesiastes 2:26 what does God give to those who please him? _____.
What does he give to those who do not please him? _____.

What should we be doing if we don't want to worry? _____.
 - c. According to Matthew 6:33 what should we seek so that God will provide for our needs? _____.
 - d. According to Matthew 12:12 what does God have to say about the value of man? _____.
If God thinks of us this way is there anything we should be worried about? _____.
 - e. According to Romans 8:28 what will God do for those who love him? _____.

Are you in the position to receive this from God or do you worry instead? _____.
 - f. According to Philippians 4:19 what is promised to those who seek God instead of worrying? _____.
 - g. According to Hebrew 13:5 what does God promise those who love him and do not worry? _____.

