

# Worry

## I. Worry \_\_\_\_\_

### a. Working definition

*Worry* is an anxious concern regarding the future and other unknowns that keeps a person from fulfilling Biblical responsibilities.

*Anxious concern* – produces unsettled, uncomfortable, nervous thoughts, feelings, and bodily responses

*Regarding the future* – most (you could say all) worry involves concern for the future

Worry – using today’s energy and thought to apply it to tomorrow’s circumstances. Borrowing tomorrow’s fears and pulling them into today.

That’s the opposite of faith – which is borrowing tomorrow’s hopes and pulling them into today.

*And other unknowns* – although it could be said that these unknowns are still future oriented. Worry is concerned with what is unknown.

*Fulfilling Biblical responsibilities* – the end result of worry is that it prevents one from living the way God calls us to live.

### b. What worry \_\_\_\_\_

Worry isn’t to be confused with diligent \_\_\_\_\_ and \_\_\_\_\_ toward your responsibilities (2 Cor 11:28; Phil 2:20; Gal 4:19)

Worry isn’t to be confused with \_\_\_\_\_ that acknowledges God’s sovereignty (James 4:13)

### c. Greek word

The Greek word for “worry” is *merimnao*, a combination of two Greek words:  
*merizo* – “to \_\_\_\_\_”

*nous* – “ \_\_\_\_\_ ”

So the Greek word for “worry” literally means “a \_\_\_\_\_ ”

In the Bible, the word is usually translated “worry,” “anxious,” “anxiety,” or “care.”

In modern vernacular, oftentimes Christians will attempt to hide their worry by using other terms, such as:

## **II. Worry’s \_\_\_\_\_**

Worry has comprehensive and far-reaching effects on the persons who are regular worriers.

### **a. Physically**

Worry saps our \_\_\_\_\_

Worry aggravates \_\_\_\_\_ physical problems

Worry causes stomach \_\_\_\_\_ and other digestive problems

Worry can drive people to an early \_\_\_\_\_

### **b. Mentally/Spiritually**

Worry drains your \_\_\_\_\_ and robs you of \_\_\_\_\_

Worry destroys your \_\_\_\_\_

Worry curtails \_\_\_\_\_ and passion for \_\_\_\_\_

Worry makes us incapable of handling life’s \_\_\_\_\_

Worry keeps us from assuming \_\_\_\_\_

Worry drains \_\_\_\_\_ out of living

## **III. Worry as \_\_\_\_\_**

**a. New Testament teaching on worry**

\_\_\_\_\_ forbids worry three times in one passage of Scripture alone (Matt 6:25, 31, 34).

\_\_\_\_\_ also commands believers not to worry (Phil 4:6).

\_\_\_\_\_ tells us to give our anxieties over to God (1 Pet 5:7).

The Bible commands believers not to worry, and so worry is sin. The sin of worry is the \_\_\_\_\_, of which certain heart desires are the \_\_\_\_\_.

Matthew 6 indicates two heart root issues that lead to worry:

**b. Worry as \_\_\_\_\_**

Idolatry means to worship someone or something other than God.

Giving \_\_\_\_\_ to some person, goal, ideal, concern, or object rather than Christ.

Putting your \_\_\_\_\_ above God's desires and commands for your life.

Allowing \_\_\_\_\_ over the future and things to be more important than thinking and acting God's way.

Worry expresses idolatry of the heart (Matt 6:19-25). We tend to have an inordinate focus on:

- \_\_\_\_\_ (v.19-21) – our hearts will be attached to that which we value
- \_\_\_\_\_ (v.22-23) – look at life through a certain lens and it will be colored that way
- \_\_\_\_\_ (v.24) – pleasing people and the fear of man

That which you worry about reveals your heart idols:

Question to ask: Who or what do I worry about? What does that reveal about my heart desires?

Jesus: you cannot \_\_\_\_\_ God and someone or something else at the same time (v.24)

The worrier needs to \_\_\_\_\_ of his false masters and false refuges and recommit to serving Christ alone.

**c. Worry as \_\_\_\_\_**

Jesus describes worriers as people of “little \_\_\_\_\_” (Matt 6:30)

Worry is the fruit of remaining \_\_\_\_\_ and \_\_\_\_\_ in a Christian. The presence of sinful worry indicates that there is something or someone you are trusting in more than God.

The worrier needs to identify the specific \_\_\_\_\_ and \_\_\_\_\_ that are ruling him and confess them as sin.

Repentance from unbelief for a worrier will be:

- Believing God to be who God says He is
- Believing to be true what God says is true

The antidote to worry is genuine \_\_\_\_\_

**IV. God's \_\_\_\_\_ to worried children**

Matthew 6 doesn't merely tell us that our worry is \_\_\_\_\_. Jesus also reveals a lot of truths and promises from God that our meant to help us defeat our worry.

**a. You can never lose the real \_\_\_\_\_ (v.19-24)**

We worry about what is most important to us. But what should be the most important thing to us cannot ever be destroyed or taken away.

Romans 8:31-39

This is why money is such a cruel master and lousy idol. It is hard to hold onto. It fails to deliver and quickly leaves our possession.

**b. Life isn't just about \_\_\_\_\_ concerns (v.25)**

Life is much more than merely food and clothing. These things are necessary, true, but they are far from sufficient to explain what life is all about.

Life is ultimately about God. Apart from the reality of God, then all we really should think about is food and clothing. But we live life before a holy, powerful, and loving God who sustains us.

**c. God will \_\_\_\_\_ of you (v.26, 28-30)**

Birds and flowers make no plans; have no factories or corporate flow charts or business models; they do not seem to be prime candidates for survival in a tough

world. Yet they continue to flourish by God's sustaining power.

God cares infinitely more for men and women; they were created in His image. He will care for you.

**d. Worrying won't \_\_\_\_\_ anyway (v.27)**

Worry doesn't actually \_\_\_\_\_ anything. It doesn't actually help prevent any problems. As a matter of fact, it creates more.

Worry steals energy that could be applied to today's situations and responsibilities to apply them to tomorrow's situations. But tomorrow's situations cannot be handled today!

**e. God knows what you \_\_\_\_\_ (v.31-32)**

The "Gentiles" earnestly seek their own welfare, because they do not know the God who would care for them. Those who know God should not be so concerned, for God cares for his children.

He is not a disconnected, uncaring, aloof god, but rather a loving, merciful, omnipotent Father who cares for his children.

**f. God wants your \_\_\_\_\_ to be right (v.33)**

God offers you more than mere food and clothing – he offers you Himself and His kingdom.

Rather than focus on these needs and desires in life, we are to focus on God, his kingdom, his righteousness, and let him take care of all of what we need.

When we are worried we demonstrate that our priorities are out of line.

**g. You can't \_\_\_\_\_ what might come tomorrow (v.34)**

God gives the grace we need each day; he does not promise grace today for tomorrow's problems. Tomorrow we will receive what is necessary to deal with tomorrow's problems.

God wants us to focus on what He is calling us to do today. We cannot change what will come tomorrow anyway.

These truths from Matthew 6 need to be learned and believed in order for the Christian to conquer sinful worry.