

Wrestling With Worry – Week 3

Review

1. The issue beneath worry is an issue of heart-allegiances, Worrying is serving two masters. (Mt 6:19-24)
2. Worrying is an activity that we do, not something that passively happens to us. Jesus commands us “do not worry”... This means that at a very basic level, actively worrying is disobedience. (Mt 6:25)
3. Jesus reminds us that we have good reason to not worry based on the the goodness and sovereignty of the Father. He taught that persisting in worry is a demonstration of little faith in the Lord, and therefore the alternative to worrying is trusting (faith). (Mt 6: 26-30)
4. Worry is ineffective and unproductive (in spite of exhausting efforts to make it so). (Mt 6:27)
5. Jesus taught that prioritizing temporal values first is inherently pagan. The alternative to the pagan practice of “running after these things” is to seek first His kingdom and His righteousness. Jesus promised that if we do, those temporal values will become “favorable appendages”, and with Christ at the center, we will have the joy, satisfaction, security, and peace we were looking for in those things.
6. Jesus finished this section by reminding us that the Lord’s grace is sufficient for today, and He commands us to not borrow trouble from tomorrow that He has not given us grace for today. Like manna in the desert that would spoil, gathering trouble from tomorrow will backfire (Mt 6:34)

Getting Started

1. How does the world & pop-psychology tell us to practically deal with our worrying and the feelings of anxiety?
 - a. What’s attractive about these things?
2. How do the suggestions from the world and from pop-psychology potentially serve to worsen the issue?
3. What’s wrong with common Christian responses like “let go and let God”, or “just have faith”?

Read Philippians 4:4-7

⁴Rejoice in the Lord always; again I will say, rejoice! ⁵Let your gentle spirit be known to all men. The Lord is near. ⁶Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

1. What command does Paul give in verse 4?
 - a. When does Paul say to do this?
 - b. Why would he say it twice?
 - c. In whom/what are we commanded to rejoice?
 - i. Why must we rejoice *in the Lord*, and not in other things (even good things)?
 - d. What does it mean to rejoice?
 - e. What would it look like to put this into practice when feeling anxious or tempted to worry?
 - f. What difference should it make to “call attention to the Lord and what He has done” in all circumstances?

2. Look at verse 5... what does Paul want to be evident to all?
 - a. Why would Paul want this to be evident to all (seen by all who see you)?
 - i. What would such a “sweet reasonableness” and calm, gentle spirit be a sign of?
 - ii. What would a lack of it potentially indicate?
 - b. Look at the second half of verse 5... what is the basis for this command? In other words, why does Paul tell us to let our calm, reasonableness be evident?
 - i. What difference should it make to know that the Lord is near?

3. In verse 6, Paul gives us a negative command (a do not) and a positive command to replace it (a do this instead).
 - a. What does Paul command us to *not* do?
 - i. Are there any exceptions?
 - b. What does Paul tell us to do instead (vs 6)?
 - i. When does he tell us to do that?
 - c. The Command is to present our _____ to God
 - i. _____ is the way we present our requests to God (we come to Him by prayer)
 - ii. _____ means we are asking specifically (you have specific hurts, desires, etc)
 - a. It does little good to pray generally when you are burdened specifically
 - iii. _____ implies trust and gratitude toward God, and an acceptance of His will

“Turn every anxious care into a specific, grateful prayer”

4. When we “turn every care into a prayer”, we’re promised something very significant in verse 7...
 - a. What’s the promise given in verse 7?
 - i. How does the peace of God “transcend understanding”?
 - ii. What does it mean that the peace of God will “guard your heart & mind”?