

## Mom2Mom 4.12.23

### Worry

#### I. Understand God's definition of worry.

- A. Worry is an over-anxious concern regarding the future and things that keeps a person from fulfilling current biblical responsibilities. *Matt 12:25; Mark 4:19*
  - 1. "To divide, part, rip, tear apart, be anxious, distract your attention."
  - 2. "Being drawn mentally in different directions."
- B. Worry is forbidden in God's Word, because it has a source other than our God. *Matt 6:25, 31, 34; 2 Tim 1:7*

#### II. God's solution to worry is peace, because we trust in Him.

- A. Peace is the tranquil state of a soul assured of its salvation through Christ. *Is 26:3; Psalm 4:8*
- B. Living God's way produces peace. *Ps 85:5; Proverbs 3:1-2; Proverbs 3:13-18*

#### III. Learn to distinguish between right concern and sinful worry.

- A. List your feelings, actions, thinking, heart's desire to analyze them using God's Word. *Matt 6:28-29, 32*
- B. Recognize the wastefulness of worry over mostly temporal concerns. *Matt 6:25, 27; Mark 4:19*

#### IV. Walk in repentance in any area you've idolatrously worried about.

- A. Confess and ask forgiveness for areas you've sinfully worried about and then begin prayerfully trusting God to provide for all of your needs. *Matt 6:26; Phil 4:6; Heb 4:16*
- B. Focus on fulfilling today's responsibilities in the power of Christ. *Matt 6:33-34; 1 John 4:18*

### Optional Memory Verse

*Phil 4:6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

**Table Time (6:55-7:55 PM)**

**I. Discussion Questions (6:55-7:15 PM)** (\*\* means it is also a Large Group Discussion question)

1. How does over-anxious concern about the future or things keep you from fulfilling current biblical responsibilities?
2. How does it affect you to know that God forbids worry?
3. How does it help to know that peace is a tranquil state of mind because of one's relationship with God through Christ?
4. \*\*In what ways have you experienced that living God's way (as prescribed in Scripture) produces peace?
5. How hard is it for you to distinguish between right concern and sinful worry?
6. How does it affect you to learn that worry is just wasting time and energy instead of resolving problems?
7. \*\*How can working to resolve real problems curb sinful worry?


**II. Gather Prayer Requests (7:15-7:30 PM)**

Person	Question: In what specific ways can we ask Jesus to help you stop fruitlessly thinking about problems and begin fruitfully working to resolve them?
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**III. Prayer as a Table about the prayer requests gathered this evening (7:30-7:45 PM)**

**IV. Large Group Discussion Time (7:45 – 7:55 PM)**

In what ways have you experienced that living God's way (as prescribed in Scripture) produces peace?	How can working to resolve real problems curb sinful worry?

**Homework:** Read  [Biblical Counseling Coalition \\_ Overcoming Worry with an Action Plan.pdf](#) article by Lucy Ann Moll