

The Eleventh Commandment

Welcome to Thanksgiving weekend! The biggest enemy of a thankful spirit is worry. Let's look at ways the Bible says we can move from worry to thankfulness...

"(Jesus) Do not worry about your life..." Matt. 6:25

"(Paul) Do not be anxious about anything..." Phil. 4:6

"(David) Do not fret (worry)..." Ps. 37:1a

Worry hurts me...

- _____
- _____
- _____

How to conquer worry:

1. _____ in the Lord

"Trust in the LORD and do good; dwell in the land and enjoy safe pasture." Ps. 37:3

2. _____ in the Lord

"Delight yourself in the LORD and he will give you the desires of your heart." Ps. 37:4

3. _____ to the Lord

"Commit your way to the LORD; trust in him and he will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun." Ps. 37:5, 6

4. _____ in the Lord

"Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes." Ps. 37:7



Daily Meditations

Here's a chance to "take it home": Thought provoking questions about this weekend's topic!

This week's memory verse: *"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?" Matt. 6:25*

Monday

Look back over the notes from this last weekend. Which points are easiest for you to practice?

Which points are most difficult?

Read Psalm 37:1-8. According to verse 8, what does worry lead to?

How does worry lead to this result?

Ask God to help you have victory over worry. Bring to him your specific worries today.

Tuesday

Read Phil. 4:4-8. On a scale of 1 to 10, do you worry a little or a lot (10 being a lot)?

Why does Paul mention that "the Lord is near" in this context -- In other words, how can a belief that "the Lord is near" help reduce worry?

How is it possible to be thankful for a seemingly negative thing -- what benefits can, say, a lost job or an expensive car repair bring? Can you give an example from your own life?

Today's scripture also speaks of the importance of positive thoughts. How do positive thoughts help in times you're tempted to worry? Give a specific example.

When Paul says we are to "petition" God, he is speaking of specific requests, not just vague generalities. Do you tend to pray specifically or generally?

Write down the things you tend to worry about the most:

Today ask the Lord specifically to help you in areas where you are worried today -- and then let those concerns go! Ask the Lord to help you fix your mind on what is clear and clean today! Give thanks for something as well!

Wednesday

Are you worried about troubles you're in right now, or might face in the future? Read 1 Peter 1:7; Hebrews 10:35; James 1:2-4.

What do these verses teach about confidence in times of worrisome trouble?

What troubles are you worried about?

Now take the troubles you just mentioned and give them to the Lord in prayer!

Thursday

Today, read some biblical "prayers for worrywarts": Psalm 16:1-2, 7-9; Psalm 10:12-11:1; and Psalm 27:1-5.

What about these prayers make them good reading for worriers?

How is God described in ways that reduce your worry in this prayer?

Make these passages your prayer today! Take specific worries to God in prayer.

Friday

Read Matthew 6:25-34. What is Jesus' basic principle for overcoming worry in this passage?

In his life, Jesus might have found a lot to worry about. Do you see him practicing what he preaches here? How so?

What does it mean for you to "seek first the kingdom of God" and how would this diminish your worries?

Again, give God all your worries as specifically as possible in prayer today.

Saturday

Please do any devotions you may have missed this week. What one concept have you learned about conquering worry that will stick with you through the years?

Please pray for the services this weekend-- and Christmas season. Thank you!