

REO•THINK WORRY

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The Problem with Worry

Worry...

- _____
“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?” *Matthew 6:25 (NIV)*
- _____
“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. **Are you not much more valuable** than they?” *Matthew 6:26*
- _____
“**Who of you by worrying can add a single hour** to his life?” *Matthew 6:27*
- _____
“... See how the lilies of the field grow... not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of **little faith?**” *Matthew 6:28-30*

The Prevention of Worry

1. _____
“Therefore do not worry about tomorrow, for tomorrow will worry about itself. **Each day** has enough trouble of its own.” *Matthew 6:34*
2. _____
“But **seek first his kingdom** and **his righteousness**, and all these things will be given to you as well.” *Matthew 6:33*
3. _____
“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and **your heavenly Father knows** that you need them.” *Matthew 6:31-32*

Daily Meditations

Take a few minutes every day to read Scripture, pray, and answer some thought-provoking questions pertaining to this week's topic.

Monday

Look back over the notes and the verses from the weekend's message. What about Jesus' teachings on worry particularly struck you?

Which of the four problematic results of worry have you seen as a result of worry in your life?

Of the three ways to prevent worry, which is most difficult for you? Which is easiest?

Ask God to help you stop worrying and start trusting! Give him your specific worries in prayer today — and leave them in His hands!

Tuesday

Today, read some biblical "prayers for worry warts": Psalm 16:1-2,7-9 and Psalm 10:12-11:1. What about these prayers make them good reading for worriers?

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

Wednesday

Here's another "prayer for worry warts": Psalm 27:1-5. How is God described in ways that reduce your worry in this prayer?

Again, simply make this a personal prayer today. As you have each day this week, give God your specific worries.

Thursday

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

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!

Friday

Review your notes from last weekend's message once again. Which points remain particularly relevant to your current situation?

Many of us worry about making decisions. Read Proverbs 3:5-6 and James 1:5-6. What do these verses promise about wisdom?

How would this affect your worries if you truly believed and applied it?

Again, give God all your worries as specifically as possible in prayer today. If you believe He is guiding you in some of these decisions, write down those thoughts.

Saturday

Today, read back over Matthew 6:25-34, especially the memory verse for this week. How would you summarize Jesus' teaching on worry in two sentences?



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?" *Matthew 6:25 (NIV)*

Please pray for the weekend services — that God would be glorified and people would find their rest in Him! Thanks!