

Now, as you enter your prayer time, pray this list to God and visualize those things that are weighing you down as rolling off of your shoulders and onto God's. Thank God that His shoulders are more than able to handle all your worries. Pray that you'll grow in the mental and the emotional discipline of rolling your worries on to God.

Friday

Please read Matthew 6:25–32. What is the main reason to choose faith in God over worry according to these verses?

Notice this passage doesn't conclude by saying, "So stop worrying, you failure!" It says, "Your heavenly father knows that you need them." What a comfort that my heavenly father knows – He knows my worries (spoken and unspoken), my concerns, my regrets – He knows and He loves me. How does that encourage you today?

How could that truth help you win the battle over worry in your heart and mind?

Thank God today that He knows all of your concerns. Thank Him for the way He has provided for you. Pray that as you grow in faith and roll your worries on to God you will be an encouragement to those around you to do the same.

Saturday

Please read Psalm 51, the psalm we'll be looking at this weekend. What initially strikes you as you read this psalm? In what way can you relate to the psalmist?

Please pray for the services this weekend. Pray that our church will be a place that ministers to people at a deep level and that through studying the psalms we will grow closer to God.



TWIN LAKES
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WEEK 2

The Antidote to Worry

MARCH 5 & 6, 2011 • RENÉ SCHLAEPFER

Common worries...

- I worry about my troubles
- I worry about threats to my ability to survive and provide
- I worry about so much evil and turmoil in the world
- I worry for my loved ones
- I worry that no one cares
- I worry that life seems so unfair

All those common worries are addressed in Psalm 37!

"Do not fret..." Psalm 37:1a

"fret": Hebrew charah, " _____ "

What can I do when I'm consumed by worry?

1. _____

Do not fret because of those who are evil
or be envious of those who do wrong;
for like the grass they will soon wither,
like green plants they will soon die away. Psalm 37:1–2

Do not fret... when they carry out their wicked schemes. Psalm 37:7b

Do not fret — it leads only to evil. Psalm 37:8b

My ability to do this is confirmed throughout the Bible:

Refuse to **worry**... Ecclesiastes 11:10

[Jesus said,] "...do **not worry** about your life..." Matthew 6:25 (also in vv. 31,34)

"...when they arrest you, **do not worry**..." Matthew 10:19

"...**do not worry** about it." Luke 12:29

Don't worry about anything... Philippians 4:6 NLT

2. _____

Trust in the LORD and do good;
dwell in the land and enjoy safe pasture.
Take **delight** in the LORD,
and he will give you the desires of your heart. *Psalm 37:3–4*

3. _____

Commit your way to the LORD;
trust in him and he will do this:
He will make your righteous reward shine like the dawn,
your vindication like the noonday sun. *Psalm 37:5–6*

“**COMMIT**”: In Hebrew *galal*, meaning “_____”;
as in, “roll burden off your shoulders onto someone else’s!” See 1 Peter 5:7

Theme of the rest of Psalm 37:

Consider the blameless, observe the upright; a future awaits those who seek peace. But all sinners will be destroyed; there will be no future for the wicked. *Psalm 37:37–38*

Consider _____, not just a present snapshot

Psalm 37 illustrates a major theme of the Psalms:

Will I live my life _____-centered or _____-centered?

Further reading on worry

Running Scared: Fear, Worry & the God of Rest Edward T. Welch
Freedom from Fear: Overcoming Worry & Anxiety Neil T. Anderson

Monday

Please read Psalm 37. What did you learn about not worrying in this passage?

What is something else you learned about worry from last weekend’s sermon?

In what way are you struggling with worry right now (look back over the list from last weekend’s notes)? How did last weekend’s sermon encourage you?

Thank God today that the Bible deals with practical issues like worry. Thank Him for the opportunity to lay your worries at His feet. Talk to Him about your struggles with worry. Ask Him to use this week of Bible study to help you learn to trust Him more and worry less.

Tuesday

Please read Psalm 37:1–8. It almost seems too good to be true that I can stop worrying — just, stop! When you’re struggling with worry, what prevents you from stopping?

What reasons to stop worrying do you see in these verses?

Does it feel like a relief to you to know you can stop worrying or does it just seem impossible? (Note that many millions of people find ways to stop worrying for a while through all sorts of diversions; the key is to find constructive ways to stop!)

Thank God today that worrying is a choice and something that you, with God’s help, can stop! Ask God to help you choose stopping over worrying.

Wednesday

Please read Psalm 37:3–4 & 7. Slowly read this passage through several times. Try some different versions of the Bible (try them at www.biblegateway.com).

Which words, phrases or images stand out to you and why?

How can trusting God, being still before God, delighting in God and waiting for God, help you deal with your worries?

As you pray today, personalize these verses and pray them back to God.

Thursday

Please read Psalm 37:5–6 and 1 Peter 5:7. Remember that the word translated “commit” means to “to roll”, as in to roll the burden off your shoulders onto someone else’s. Make a list of things that are “weighing down” your shoulders:

over 



Memory Verse

Trust in the LORD and do good;
dwell in the land and enjoy safe pasture.
Take delight in the LORD and he will
give you the desires of your heart.
Psalm 37:3–4 NIV