

# The Problems that Worry Brings

## 1. What has God commanded in regard to worry?

- a. Why is it important? *An issue of trust... **Philippians 4:6-7***
  - i. Psalmists recognized need to trust God to handle situations: **Psalm 94: 1-2**
  - ii. Allowing God to take control is recognized in both the Old and New Covenants as being necessary: **Romans 12:19**
  - iii. God wants us to rely on Him for our needs and not live by our own power: **Luke 11:3; Heb. 13:5; Exodus 16:18-21**
  - iv. The heart of the matter is whether or not we truly trust that God is in control; whether in matters great or small.
- b. What do we practice in this regard?
  - i. We know well **Matthew 6** and other passages; how do we live up to the admonitions?
  - ii. While we will naturally have recurring pangs of anxiety, will they drive us to greater trust, or tempt us to take matters into our own hands?
- c. How do we move beyond bad habits and put His will into practice?

## 2. What are the benefits of handing concerns to God?

- a. The knowledge that God will handle it better than we can
  - i. **Gen. 18:25; 1 Sam. 2:3; Psalm 147:5; Isaiah 44:7; Psalm 94:11**
- b. It frees us from the worry of solving problems that we don't have the answers to:
  - i. **Job 3:2-4; 4:1-5; 6:24-26; Job 8:1-2**
- c. It allows us to focus on areas we need to grow
  - i. **Luke 12:29-34**
- d. It allows us to focus on the work that needs to be done
  - i. **II Corinthians 4:8-10**
- e. It allows us to focus on serving others instead of carrying out judgments that aren't ours to make
  - i. **Romans 14:1-4**

## 3. What are the Dangers of Continuing to Hold on to Worries?

- a. We place ourselves in the role that only God has the right to occupy
  - i. **Job 38:1-3**
- b. We force a solution into place that makes matters worse
  - i. **Genesis 16; 1 Samuel 13; Psalm 37:8**
- c. We become discouraged by unresolved issues because we've forgotten that God is in control
  - i. **I Kings 19**