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Overcoming Worry

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HOW WOULD YOU DESCRIBE A WORRY- FREE LIFE?

The **POINT** ➤

God's presence provides a way out of worry.

➤ PSALM 23:1-6

¹The LORD is my shepherd;
I have what I need.

²He lets me lie down in green pastures;
he leads me beside quiet waters.

³He renews my life;
he leads me along the right paths
for his name's sake.

⁴Even when I go through the darkest valley,
I fear no danger,
for you are with me;
your rod and your staff—they comfort me.

⁵You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

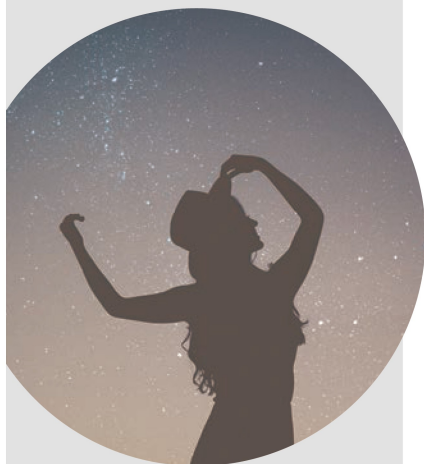
⁶Only goodness and faithful love will pursue me
all the days of my life,
and I will dwell in the house of the LORD
as long as I live.



THE BIBLE MEETS LIFE

FACT:

Stand up and try to be perfectly still. Do you sway a little? It may be time to try a few deep breathing exercises. Balance issues are commonly associated with anxiety.²



LEVELS OF BIBLICAL LEARNING // HOLY SPIRIT

Jesus promised that God would send the Holy Spirit, and the Spirit has come to convict, teach, comfort, lead, strengthen, and seal us, as well as to produce fruit within and through us.

The world gives us a lot to worry about: pandemic viruses, terrorism, and crime. We also face many worries closer to home. We worry about our friends, school assignments and grades, issues our parents are dealing with, being picked on or bullied, decisions about the future, pressure from parents and peers, and the list goes on.

Of course, we know we're not supposed to worry, but it's sometimes easier said than done. Let me give you a reason you shouldn't worry—it's not good for you! According to National Institutes of Health, patterns of stress and worrying lead to a weakened immune system, which makes us more likely to have colds or other infections.¹ Worry can also cause all sorts of other physical problems, including headaches, skin conditions, and irritable bowels!

Even for those who may think they are natural-born worriers, there is an answer. Trust in God. Psalm 23 paints a beautiful picture of what it means to let go of our worries and rest in God. He is the loving Shepherd who takes care of us in all situations.

PSALM 23:1-3

1 What kinds of things do people tend to worry about?

2 Why do you think people tend to worry about them?



*When we face difficult things,
we can know we are not
alone. God is with us, and
this makes a huge difference.
#BSFLEmotions*

PSALM 23:4-5

3 How do people typically respond when they face difficult times?

4 What kind of valleys do people face?

5 How can we be aware of God's presence when we struggle?



PSALM 23:6

6 What helps you to trust in God's goodness?

7 When have you seen God's goodness in the lives of others?

8 What are some real ways you have experienced God's goodness?



LIVE IT OUT



GOD
JESUS

HOLY SPIRIT

BIBLE
SALVATION
CREATION
CHURCH
PEOPLE
FAMILY
COMMUNITY
& WORLD

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People are tempted to worry about all kinds of things, and sometimes, it may be related to our salvation. When we love God and live in obedience, it leads to our having internal peace. However, if we have patterns of disobedience in our lives, we miss out on that peace and will naturally worry. Here's one thing for sure—for those who love God and have been made a part of His family, there's no need to worry. God loves us, and there's nothing in all the universe that can separate us from Him.

➤ CHRIST

Jesus is our good Shepherd (John 10:11). He is committed to taking care of His sheep, God's people, and He places us where we will have all we need to live well and rest from the worries of this world.

9 On a scale from 1 to 10, with 1 being resting in Christ and 10 being too busy with the cares of the world, how would you rate yourself? Explain your answer.



10 What will you do this week to set aside the world's cares and rest in Jesus?

> COMMUNITY

At times, we may be overwhelmed with all the things we have to deal with and accomplish, but we refuse to ask for help.

11 What are you dealing with right now that is more than you can handle in a healthy way?

12 Ask a friend for help this week. This is one of the gifts God has provided in our church family.

13 Who do you know who is struggling? Offer encouragement or help.



> CULTURE

All people deal with worries. We have the comfort and encouragement of the Holy Spirit and our church family, but non-believers don't have these things.

14 This week, pray for your lost friends who need encouragement. Make it a point to tell them about the difference Jesus has made in your life.