



WEEK THREE: FAITH – Study Guide

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Worry is almost a reflex; virtually everyone does it. Because it's so common, we get used to it. We justify it and brush it off, but God appears to be offended by our worry throughout the Bible. When we worry, we like to excuse it by saying that it's because we care. But God shows us a far better way to care.

Where Am I Today?

- 1) Almost everyone worries about something, but not everyone worries about the same things. What you worry about also tends to change over time. What did you worry about when you were younger that you now see was unnecessary? What do you tend to worry about now?

Into the Bible

- 2) Read **Matthew 6:25-34** on your own. Why is Jesus so adamant that His followers not worry? Why does He consider it to be so foolish?

BOOM

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- 3) The Bible never simply says, “don’t worry,” and then leaves you hanging. A better alternative is always given. Look at the following passages to see where the Bible redirects worry. What do we *get* to do instead of worry? How is that better?
- a. **Psalm 94:18-19**
 - b. **Jeremiah 17:7-8**
 - c. **Philippians 4:6-7**
 - d. **Isaiah 35:4**
- 4) You’re not the only person affected by your worry. Your worry affects people you care about. The worry of ten men once affected the entire nation of Israel. Read **Numbers 13:17-21, 25-29** and **Numbers 14:1-12**. How did their worry affect and influence others? How is worry clearly portrayed as a lack of trust in God and even rebellion?
- 5) The root cause of worry is the belief that God will not take care of us and doesn’t have our best in mind. In short, it’s a lack of faith in God. Read **Hebrews 11:6** for a bold warning against a lack of faith. How does this change your perspective on worry?

