

## Bible Study Series:

### Worry vs. Trust, Part I

What did Peter say about Worry?

- 1 Peter 5:7 (NIV) **Cast** all your **anxiety** on him because he cares for you

What did Paul say about Worry?

- Philippians 4:6-7 (NIV) **Do not be anxious** about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God

What did Jesus say about Worry?

- Matthew 6:25 (NIV) Therefore I tell you, **do not worry** about your life, what you will eat or drink; or about your body, what you will wear

What is Worry?

- Worry comes from the Greek Word merimnaō which means to choke or strangle.
  - Worry Chokes
    - ✓ The Word
    - ✓ Faith
    - ✓ Strength
    - ✓ Energy
  - **Mark 4:19, (NIV)** "but the **worries** of this life, the deceitfulness of wealth and the desires for other things come in and **choke the word**, making it unfruitful."

What's Wrong with Worry?

- Worry **Distracts** the Soul
  - Luke 10:40-41 (NIV) But Martha was **distracted** by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me! Martha, Martha," the Lord answered, "you are **worried** and upset about many things,
- Worry **Divides** the Mind
  - Matthew 6:34 (NIV) So don't worry about **tomorrow**, for **tomorrow** will bring its own worries. **Today's** trouble is enough for **today**.
- Worry **Damages** the Body
  - 1 Corinthians 6:19 (NIV) Do you not know that your **bodies are temples of the Holy Spirit**, who is in you, whom you have **received from God?** You are not your own;
  - 1 Corinthians 3:16
- Worry **Diminishes** Faith
  - Matthew 6:30 (NIV) 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—you of **little faith?** So **do not worry**