

Message Study Guide

(Scriptures & quotes from this week's message are available on [thorncreek.church/live](http://thorncreek.church/live))

**Warming up**

1. Have you ever worried about something that never happened?

**Digging Deeper & Application**

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

2. What makes you more worry; snakes or spiders? Current events or career? Finances or health and wellness?
3. Here are some signs you might be a worrier. Can you relate to any of them?
  - a. - You have a hard time falling asleep.
  - b. - You think of worst case scenarios very easily.
  - c. - You always scanning for a future threat.
  - d. - You can't shake off upset.
  - e. - You use something to suppress your worry (food, alcohol, drug).
  - f. - Your health is affected.
  - g. - You can't relax.
  - h. - You have no sustainable joy.
4. 500 years ago, one of the most significant philosophers of the French Renaissance, Michel de Montaigne said..."My life has been filled with terrible misfortune; most of which never happened." Don Joseph Goewey, Author of *The End of Stress, Four Steps to Rewire Your Brain*, Wrote about a study in the Huffington Post. He said this...This study looked into how many of our imagined calamities never materialize. In this study, subjects were asked to write down their worries over an extended period of time and then identify which of their imagined misfortunes did not actually happen. Lo and behold, it turns out that 85 percent of what subjects worried about never happened, and with the 15 percent that did happen, 79 percent of subjects discovered either they could handle the difficulty better than expected, or the difficulty taught them a lesson worth learning. This means that..."97 percent of what you worry over is not much more than a fearful mind punishing you with exaggerations and misperceptions." Do these findings surprise you? Does it change the way you view worry? Why or why not?

5. Please read 1 Peter 5:5-7. How is humility, pride, and worry connected at a spiritual level? What does it mean to “cast” all your anxiety on Him? Who’s “Him?” Define Anxiety. Compare verse seven with Luke 19:35; Psalm 55:22; and Isaiah 46:4.
  
6. Pastor Ruben said, “God allows us to be in situations where we choose to worry or hold on to Him..” How does worry keep you from taking faith steps with God in areas like, giving, serving, and time? Talk about it.
  
7. What does the second half of 1 Peter 5:7 say?
  
8. Francis Chan said, “Worry implies that we don’t quite trust God is big enough.” Have you considered your step to worry is a step to not trust God? Compare this with Mathew 11:28. Kevin Queen said, “You need space in your life where you can hear God tell you, don’t worry about it.”
  
9. According to Proverbs 12:25, how does anxiety affect you? Compare with this quote from John Locke, “What worries you, masters you.”
  
10. Paul the apostle was under the Emperor Nero when he said these words in Philippians 4:6-7. Please read it. Does it change how you view worry?  
Read the words of Jesus in Matthew 6:25-34.

**Application**

Below are some of the points shared in the message. Discuss how they apply to your life.

- “97 percent of what you worry over is not much more than a fearful mind punishing you with exaggerations and misperceptions.” - Don Joseph Goewey
- “Worry implies that we don’t quite trust God is big enough.” - Francis Chan
- 1 Peter 5:7 (NIV) - 7 Cast all your anxiety on him because he cares for you.