

**Message Study Guide**

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

**Warming up**

1. What is worry? What would you tell your "younger me" not to worry about?

**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. Read Matthew 6:25-33. Take your time!
  - a. According to this passage, Jesus says, "do not worry about your life." Does this sound like a suggestion or a commandment?
  - b. Is it a sin to worry?
  - c. Why shouldn't we worry?
  - d. What does it say about, "pagans?"
  - e. What does worry accomplish?
  - f. Joyce Meyer said, "Worry is a down payment on a problem you may never even have." Why is it easy for people to worry about something that hasn't happened?
  - g. The root word for worry is "to choke or strangle." What do you worry about?
3. If you want to worry, according to Dr. Robert Leahy, these are the seven rules. Which rule do you struggle with most, and why?
  - a. If something bad could happen, if you could simply imagine it, then it's your responsibility to worry about it.
  - b. Don't accept uncertainty, you need to know for sure.
  - c. Treat all your negative thoughts as if they are really true.
  - d. Anything bad that could happen is a reflection of who you are as a person.
  - e. Failure is unacceptable.
  - f. Get rid of any negative feelings immediately.
  - g. Treat everything like an emergency.
4. Saint Augustine said, "Anxiety is always a sign of the collapse of a false god." Would you agree or disagree with this quote?
5. What's the difference between waiting on God and worry?

6. Read Philippians 4:6-8.
  - a. The word, “anxious” literally means “worry”. The force of the word in the Greek language is that of “forbidding the continuance of an action already going on.”
  - b. According to this passage, what are we to worry about ?
  - c. How are we supposed to handle worry?
7. Close by reading Psalm 27. Which verses do you find the most comforting?

### **Application**

**Below are some key points to take away from this study. Take time to discuss the points and pray together:**

- What words of advice would you tell your younger self about worry?
- “Worry is a downpayment on a problem you may never even have.”- Joyce Meyer
- Definition of **Wor·ry (To Strangle or Choke)** - (of a dog or other carnivorous animal) tear at, gnaw on, or drag around with the teeth.
- Do not be afraid of uncertainty. Truth is, you do not know what is going to happen in the next five minutes!