

## How To Worry Well *Philippians 4:2-9*

### Understanding Two Opposites:

**Worry** = to treat roughly – a tearing apart or continual biting.

**Peace** = to bring unity or harmony – a calm, quiet.

### Finding Peace *In* Worry Through:

Philippians 4:2-9

#### ► Relationships

Philippians 4:2-5, Matthew 5:23-26, Matthew 18:15-17, 1 John 4:19-21

Find the **common ground**.

Let God **be the Judge**.

Live with **eternity in mind**.

#### ► Prayer

Philippians 4:6-7, Matthew 6:25-34, 1 Thessalonians 5:14-18

Thankfulness is not an **option**, but an **obligation**.

See your circumstances through the lens of God's:

**Love.**

**Wisdom.**

**Power.**

There is nothing too great for **God's power**, and nothing too small for **Dad's care**.

#### ► Thoughts

Philippians 4:8, 2 Corinthians 10:5, Romans 12:1-2, Galatians 5:22-23, Colossians 3:15

Worry keeps you from **appreciating** what you do have.

Take control of **what you can**, let go of **what you can't**.

#### ► Actions

Philippians 4:9, Mark 14:32-42, John 14:27, James 1:22-25

Peace is a **daily decision** you make, not just an **emotion** you feel.

Worry is not a **sin**, **living there** is!

## Growth Group Homework

For the week of February 26, 2006

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**QUICK REVIEW:** Was there one point from this week's sermon on "How to Worry Well" that particularly caught your attention, challenged you or confused you?

### MY STORY

1. Most of us experience worry at least some of the time - in spite of God's promises to take care of us. From the list below which one or two of these worries is the most likely to get your attention and why?

- Family concerns (kids, spouse, ex-spouse, siblings, parents, extended family members, etc.)
- Job situation
- Financial challenges (paying the bills, college expenses, retirement, investments, etc.)
- Health issues
- Sudden tragedy (violence, accidents, natural disasters, etc.)
- Spiritual issues (for yourself and others)
- Relationship problems (friendships, dating relationships, neighbors, etc.)
- Self-worth concerns (insecurities, need for approval, peer pressures, etc.)
- Issues from our past
- Other: \_\_\_\_\_

2. How we respond to conflict is often affected by how our family handled it when we were growing up. Which of the following statements comes closest to accurately describing the home you grew up in?

- a. conflict was avoided at all cost
- b. conflict was considered no big deal
- c. conflict was allowed to escalate into heated interactions
- d. conflict was present but never talked about
- e. conflict was most often dealt with in a healthy way
- f. other \_\_\_\_\_

### DIGGING DEEPER

1. We heard this past weekend that conflict is a normal part of life. The key to conflict is not trying to avoid it but learning to manage it. What do the following verses tell us about our responsibility in managing conflict?

#### Matthew 18: 15-17

"If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. [16] But if he will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.' [17] If he refuses to listen to

them, tell it to the church; and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector. [NIV]

**Romans 12:18**

If it is possible, as far as it depends on you, live at peace with everyone. [NIV]

**Matthew 7:3-5**

"Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? [4] How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? [5] You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye. [NIV]

What challenges do you face in trying to carry out these responsibilities?

2. During the Last Supper, Jesus was aware of how difficult the next few days would be for His disciples as they struggled with fear, doubt, and anxiety. He spent most of this last conversation with them before His death preparing them for the challenges to come. In the following passages from that conversation, write down the statements and promises of Jesus that would have provided the disciples with comfort and encouragement.

**John 14:1-3, 15-20, 27**

"Do not let your hearts be troubled. Trust in God; trust also in me. [2] In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. [3] And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. "If you love me, you will obey what I command. [16] And I will ask the Father, and he will give you another Counselor to be with you forever-- [17] the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. [18] I will not leave you as orphans; I will come to you. [19] Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. [20] On that day you will realize that I am in my Father, and you are in me, and I am in you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. [NIV]

**John 16:6-7**

Because I have said these things, you are filled with grief. [7] But I tell you the truth: It is for your good that I am going away. Unless I go away, the Counselor will not come to you; but if I go, I will send him to you. [NIV]

Which of Jesus' statements is most helpful to you as you face anxiety-producing circumstances in your life?

3. It's easy to find negative things in life to focus on and worry about. Because of that, Paul tells the Philippians four times in his letter to them to rejoice (twice in 4:4). What do the following verses say regarding what we're to rejoice about?

**Romans 5:3-4**

Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; [4] perseverance, character; and character, hope. [NIV]

**Psalm 13:5**

But I trust in your unfailing love; my heart rejoices in your salvation. [NIV]

**Psalm 31:7**

I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. [NIV]

**Psalm 119:62**

At midnight I rise to give you thanks for your righteous laws. [NIV]

**Proverbs 29:2**

When the righteous thrive, the people rejoice; when the wicked rule, the people groan. [NIV]

How can these verses help you include more rejoicing in your life?

**TAKING IT HOME**

1. Looking back at this week's teaching and study on worry, what point is most important for you to remember?

2. In light of Pastor Chris' message, is there an area related to your thoughts or actions that needs some attention? If so, what's your next step?