

Dealing with Worry, Part 1: What is Worry?

On-line Bible Class for March 22, 2020

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Introduction:

The COVID-19 pandemic has many people worried. That is partly because of what we **do** know – that is it contagious and can be life-threatening – and because of what we **don't** know – what its impact will be, and how long it will last. Worry can itself be a paralyzing and contagious illness.

Worry can warp the way we see reality. It can make us doubt or forget the Lord's promises, despite His faithful love demonstrated again and again. Over the next weeks, we will look at the experience and causes of worry, fear, and anxiety and bring to them the remedy of God's Word.

Due to the limitations in gathering, this is an "on-line" course. In the weeks to come, we may add video segments. You are welcome to send questions to info@immanuelseymour.com, and we will do our best to respond to them.

1. What is Worry?

A definition from the dictionary:

Verb: *worry*: give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles.

Noun: *worry*: a state of anxiety and uncertainty over actual or potential problems.

A definition from you: What does "worry" feel like?

2. Are you a Worrywart?

Following are things people sometimes worry about:

Uncertainty	Change
Marriage	Job
Taxes	Vacation
Relationship with God	Health
Money	Retirement
Parents	Children

3. How does worry make you feel?

Physically

Emotionally

Spiritually

Relationally

4. Is Jesus concerned about worry?

Read Luke 12:22-31

What concerns common to **all** people does Jesus identify?

Why does Jesus say we need **not** worry about such things as these?

How does Jesus **describe** what it means to worry?

What does Jesus **call** those who worry?

So what, then, is the real **cause** of worry?

If Jesus says, "do not worry," and we do, is that a sin?

What are we to do with sins? (1 John 1:8-9)

What does Jesus then do about them? (Read 1 John 1:9 out loud)

Read Philippians 2:13

How does this verse help a worrier?

Which is more likely to help: trying harder, or giving our worry to Jesus?

Read Philippians 4:4-9

What command and invitation concerning worry is given here?

What is hard about obeying it?

On what is our mind to be occupied?

A closing prayer: *Heavenly Father, thank You for sending Your Son, Jesus Christ, to be my Savior. Thank you for promising also to provide everything else I need. You know the worries in my mind and heart, and You know how to rid me of them. Help me to take to heart that, if You did not spare Your Son Jesus to save me from sin, You will also not fail to provide for me in the midst of my daily challenges. Through Your Word, give me strength to trust You more fully and to seek first Your kingdom. In Jesus' name I pray. Amen.*

Extra reading: Luke 10:38-42; Luke 12:13-21; Romans 7:14-25

Next Time: *The Causes of and Cures for Worry*