

## Dealing with Worry, Part 2: What Causes Worry?

Bible Class for March 29, 2020

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**Introduction:** Call it what you want – worry, anxiety, uneasiness – but worry can take a lot of joy and peace from life. Knowing what causes worry helps us understand how to overcome it. That is the focus of our lesson today. The COVID-19 pandemic has many people worried. When it is passed, other problems will arise. Worry can itself be a paralyzing and contagious illness. It can warp the way we see reality. It can make us doubt or forget the Lord's Word.

Due to limitations in gathering, this is an “on-line” course. You are welcome to send questions to [info@immanuelseymour.com](mailto:info@immanuelseymour.com), and we will try to respond.

### 1. A Bad Day

*Do you remember a day when nothing seemed to go right? Maybe you were late for work and forgot something you really needed. Maybe you took a short cut that turned out not to be. Maybe you felt like everyone shunned you. Then again, it may have been none of those things. Take time to write what you remember about a bad day, whether long ago, or just recently:*

For you personally, what are the leading causes of worry? Take time to list them. Use more numbers if you need to!

1

2

3

4

Which worries come from things **outside** of you? Put an “O” by them.

Which worries come from **inside** you? Put an “I” by them.

### 2. Read Psalm 46

What worry-worthy problems does the Psalm describe?

Key words about God that help worriers: define each in your own words.

**Refuge**

**Strength**

**Ever-present**

**Help**

**With us**

**Fortress**

**Almighty**

What message does this passage have for worriers, including you?

### 3. Internal Causes of Worry

Sometimes, we are our own worst enemy. Here are some attitudes that may come from our enemy, Satan:

Believing we are in control of life

Believing life is out of control

Feeling guilty about needing help

Psalm 46 gives an antidote: *"Be still and know that I am God."* To say "be still" is like hushing a crying child, but it is more powerful, for Jesus could even say, *"Peace, be still"* to a raging storm, and it stopped! (Mark 4:39)

What is the picture here of you and God? How is that comforting?

How is Jesus the proof that "the Lord Almighty is with us?"

How can Christ's manger, cross, and empty tomb dispel worry?

### 4. Word over Worry

When worry strikes, meet it with strength by hearing these words:

**Psalm 46:** *"God is our refuge and strength....be still and know that I am God."*

**Luke 10:38-42:** *Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."*

Oh Jesus, may Your Word overcome my worries. You care for me. Amen

**Next week: Great Worriers of the Bible!**