

Dealing with Worry, Part 3: Great Worriers!

Bible Class for April 5, 2020

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Introduction: Call it what you want – worry, anxiety, uneasiness – but it can take a lot of joy and peace from life. The COVID-19 pandemic has many people worried. When it is passed, other problems will arise. Worry can 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.

Today we explore some well-known worriers of the Bible and seek to learn from their experience as we apply their faith to our problems. Due to limitations in gathering, this is an “on-line” course. You are welcome to send questions to info@immanuelseymour.com.

1. Ways People Cope with Worry: Getting our mind on something else!

Distractions can help ease the symptoms of worry. Next to the items below, check whether you have made use of them and, if so, which ones you have found to work especially well:

Movies

Theater

Books

Hobbies

How can these be temporary shelters from worry?

Do they actually cure the cause of our worrying? Why or why not?

2. Real Accounts of Worry and Relief

Read Luke 10:38-42: *Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. 39 And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. 40 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." 41 But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, 42 but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."*

What made Martha worried?

What antidote does Jesus offer?

Read Psalm 116

I love the Lord, because he has heard my voice and my pleas for mercy.

² Because he inclined his ear to me, therefore I will call on him as long as I live.

*³ The snares of death encompassed me; the pangs of Sheol laid hold on me;
I suffered distress and anguish.*

⁴ Then I called on the name of the Lord: "O Lord, I pray, deliver my soul!"

⁵ Gracious is the Lord, and righteous; our God is merciful.

⁶ The Lord preserves the simple; when I was brought low, he saved me.

⁷ Return, O my soul, to your rest; for the Lord has dealt bountifully with you.

⁸ For you have delivered my soul from death, my eyes from tears, my feet from stumbling;

⁹ I will walk before the Lord in the land of the living.

¹⁰ I believed, even when I spoke: "I am greatly afflicted";

¹¹ I said in my alarm, "All mankind are liars."

¹² What shall I render to the Lord for all his benefits to me?

¹³ I will lift up the cup of salvation and call on the name of the Lord,

¹⁴ I will pay my vows to the Lord in the presence of all his people.

¹⁵ Precious in the sight of the Lord is the death of his saints.

*¹⁶ O Lord, I am your servant; I am your servant, the son of your maidservant.
You have loosed my bonds.*

¹⁷ I will offer to you the sacrifice of thanksgiving and call on the name of the Lord.

¹⁸ I will pay my vows to the Lord in the presence of all his people,

¹⁹ in the courts of the house of the Lord, in your midst, O Jerusalem. Praise the Lord!

Name some of the threats the Psalmist has faced:

v. 3--

v. 8--

vv. 10-11--

Which of these do you think is the most serious?

Write down some of the greatest threats you have faced:

What are the threats that most trouble you **today**?

Which verses from Psalm 116 show there is power to **deliver** you?

What is the appropriate **response** of people who have been delivered?

Read again verses 12-19

3. Universal Worries

Read Hebrews 2:14-15 *"Since therefore the children share in flesh and blood, he (Jesus) himself likewise partook of the same things, that through death he might*

destroy the one who has the power of death, that is, the devil, and deliver all those who through fear of death were subject to lifelong slavery.”

What fear tends to grip nearly all people at some time?

Some fears at the time may seem worse than death:

Unemployment

Bankruptcy

The death of a loved one

Disasters, like floods, hurricanes, tornadoes, fires, pandemics

Long-term illness

How does Hebrews show how personally Jesus takes these threats to us?

4. From Worry to Relief

What “unseen reality” are we to see by faith in such trials?

2 Cor. 4:16-18 “So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.”

Philippians 4:6: *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”*

We are not on our own. Christ is with us. He hears and answers us. The community of believers also prays for us and supports us.

For devotional reading this week: the following Bible readings address certain worries:

Psalm 102 affliction

Psalm 94 injustice

Psalm 51 deep guilt

Matthew 6:25-34 food, drink, clothing

Jeremiah 17:7-8 defeat

Next week: Handling Worries in a way that moves from doubt to faith