

# UNSTUCK

## Worry & Anxiety

### EASIER SAID THAN DONE

Matthew 6:25-34 Philippians 4:6

### BEYOND THE CLICHÉS AND DRIVE-BY GUILTINGS

(1) Sometimes worry can be a **GOOD THING**  
Proverbs 22:3

(2) We can't control our **FEELINGS**  
We can control our **RESPONSE**  
2 Corinthians 7:5-6 & 11:27-29 Hebrews 4:15 Matthew 26:35 & Luke 22:39-44

### HOW TO WORRY WELL

Philippians 4:6-9

(1) Start with the right kind of **PRAYER**  
Philippians 4:6-7 1 Thessalonians 5:18 Luke 18:1-8

✓ Tell God exactly what **YOU WANT**

✓ Thank God for what he's **ALREADY DONE**

✓ Pray this prayer as often as **YOU NEED TO**

(2) Maintain the right kind of **FOCUS**  
Philippians 4:6-7 1 Corinthians 10:13

✓ What we **FOCUS** on determines what we **SEE**

✓ Focus on **FACTS** not on **WHAT IFs**

(3) Live the right kind of **LIFE**  
Philippians 4:9 Proverbs 1:23-33 Judges 10:6-16

✓ Obedience breeds **CONFIDENCE**

Disobedience breeds **FEAR**

✓ Sin removes God's **PROTECTION**

# Growth Group Homework

For the week of November 1, 2015

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**QUICK REVIEW:** Looking back at your notes from this week's teaching on *Unstuck: Worry & Anxiety*, was there anything that particularly caught your attention, challenged or confused you?

## MY STORY

1. This weekend we heard that worry is something we all do and something most of us think we shouldn't do. Here's a list of some of the most common areas we worry about. Mark the ones you're prone to worry about.

- Family concerns (kids, spouse, ex-spouse, siblings, parents, 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, neighbors, etc.)
- Self-worth (insecurities, need for approval, peer pressure, etc.)
- Issues from your past
- Other: \_\_\_\_\_

As you think about the areas you're prone to worry about, are there any signs for you that you've moved from proactive concern to unhealthy anxiety?

2. Larry mentioned that sometimes worry can be a good thing. Have you experienced times when worry has been a good thing for you? If so, explain?

## DIGGING DEEPER

1. We heard this weekend that part of worrying well is to develop the right kind of focus. In Philippians 4:4, Paul gives the Philippians advice on focusing when he twice tells them to "rejoice in the Lord always." How might each of the following verses motivate you to include more rejoicing in your life?

### **Romans 5:3-5**

<sup>3</sup> Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; <sup>4</sup> perseverance, character; and character, hope. <sup>5</sup> And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

### **Matthew 5:11-12**

<sup>11</sup> "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <sup>12</sup> Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

### **Psalms 31:7**

<sup>7</sup> I will be glad and rejoice in your love,  
for you saw my affliction  
and knew the anguish of my soul.

### **Luke 10:17-20**

<sup>17</sup> The seventy-two returned with joy and said, "Lord, even the demons submit to us in your name."

<sup>18</sup> He replied, "I saw Satan fall like lightning from heaven. <sup>19</sup> I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. <sup>20</sup> However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven."

Have you seen the practice of rejoicing help you or someone you know deal with unhealthy worry? In what ways?

2. Jesus directly addressed the issue of worry in Luke 12:22-31. As you read the passage, jot down any reasons you see in it for not worrying.

### **Luke 12:22-31**

#### *Do Not Worry*

<sup>22</sup> Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. <sup>23</sup> For life is more than food, and the body more than clothes. <sup>24</sup> Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! <sup>25</sup> Who of you by worrying can add a single hour to your life? <sup>26</sup> Since you cannot do this very little thing, why do you worry about the rest?"

<sup>27</sup> "Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. <sup>28</sup> If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! <sup>29</sup> And do not set your heart on what you will eat or drink; do not worry about it. <sup>30</sup> For the pagan world runs after all such things, and your Father knows that you need them. <sup>31</sup> But seek his kingdom, and these things will be given to you as well."

If someone asked you to summarize what this passage says about worry in one sentence, what would you tell them?

Looking back on your answers to My Story question #1, what encouragement do you find in Luke 12:22-31 for the things you're prone to worry about?

3. Larry talked about the role prayer plays in dealing with worry. King David is an example of someone who often found himself in places that could easily cause anxiety and yet he responded by praying the right kind of prayers. He recorded several of these prayers in the Psalms. How do you see the principles of "tell God exactly what you want" and "thank God for all he's already done" reflected in David's prayers in Psalm 13 and Psalm 77:1-15?

Can you think of any ways David's prayers could help you pray about the things that are causing you anxiety in your life right now? If so, explain?

**TAKING IT HOME**

1. In 1 Peter 5:7 we're told to "cast all your anxiety on him because he cares for you." Are there any cares you have that you need to cast on him?

2. Below is the Serenity Prayer, a well known prayer that was written to help people experience God's peace. As you read this prayer, how does it affirm what you've learned from this week's teaching and homework?

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; Enjoying one moment at a time; Accepting hardships as the pathway to peace; Taking, as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His will; That I may be reasonably happy in this life and supremely happy with Him forever in the next. Amen.

-- Reinhold Niebuhr

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**Prayer Requests**

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Christmas is coming and you can play a HUGE role in making our Christmas Outreach Tree a success. Hundreds of ornaments adorn the Christmas Trees at each campus and each ornament has a special wish from a local family or organization in need. We would love to have volunteers assist people in choosing ornaments and collect gifts as they arrive. Volunteers are needed every weekend from Nov. 28–Dec. 13 at each service. For more information or to sign up, go to [northcoastcommunityservice.org](http://northcoastcommunityservice.org) or call Mary Bishop at (760) 330-9234.