

How to Win Over Worry

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TALKINGPOINTS WALKINGPOINTS



A publication of **DISCIPLE**, the adult discipleship ministry of Triangle Community Church.

Talk together about the glory of God's kingdom. –Psalm 145:11
Love the Lord your God and **walk** in all his ways. –Joshua 22:5

Questions for Reflection & Discussion

- What from Sunday's message interested you? ...made sense to you? ...confused you? ...intrigued you? ...upset you? ...encouraged you? ...and **why**?
- Read Philippians 4:6-9.
Mark a "**C**" next to each command and a "**P**" next to each promise. How many of each are there?

Which of those commands seem reasonable to you? Which seem unreasonable—and **why**?

Verse 7 promises us "**the peace of God**" while v. 9 promises us "**the God of peace**".
What's the difference? Which is more precious to you—and **why**?

- Read Psalm 56. Think about the gravest danger in which you've ever found yourself.
What phrases in this psalm remind you of that situation? Would you be willing to tell us about it?

The psalmist was the great warrior-king, David. Does it fit your mental image that such a man would speak of being afraid (v. 3, 4, 11) or of God "storing up his tears in a bottle" (v. 8)? Why or why not?

In v. 9b, David speaks of knowing that God is "for" him. What do you think that means?

How can one know that—with certainty?

Do you know if God is for **you**?



Application-Challenge

- List all those things about which you are worried.
- Thank God for bringing these events into your life.
- Substitute prayer for worry. Take responsible action.



Sermon Summary

Key Text: Philippians 4:6-9

We live in an uptight stressed-out world. We constantly find things to worry about. Worry is a choking, harmful emotion. It takes time and saps energy that could be better spent on positive projects. Worry involves a feeling of uneasiness and apprehension focused on either the past or the future. It has little to do with the present except to make us miserable. Worrying is futile. We can't change the past, and we simply don't know what tomorrow will bring. Philippians 4:6-9 tells us what to do with worry.

I. God forbids us to worry. God may not have anything to worry about, but his command to not be anxious came through the pen of Paul, who had plenty of reasons to be worried (2 Corinthians 11:26-28)! But Paul had learned some things that gave him a unique perspective on worry. What did Paul know that we need to grasp?

- God is bigger than our problem, whatever it is (Jeremiah 32:17).
- God is sovereign. God will never allow anything in our lives that he cannot handle.
- God is able to work all things together for our good (Romans 8:28-29).

God says not to be anxious about anything, but commends genuine, realistic concern for others (Philippians 2:20). Something is wrong with us if we are unconcerned when others suffer. But God does forbid us to fret and worry about things over which we have no control. Rather than worrying, God wants us to acknowledge his sovereignty and power; he wants us to shun self-reliance, and cast our burdens upon him. That doesn't exclude personal responsibility, for responsible action is God-dependent action.

II. God commands us to pray. Take a minute now to jot down what you are worried about. Commit those things to God in prayer. God wants you to bring Him your worries because He deeply cares about you (1 Peter 5:6-7). We are to pray about everything, and we are to pray with thanksgiving (James 1:2-4). Thank God for that cut in salary or that lost job, for your marriage problems or difficulties at school. Thank God for that breakup with your boyfriend or girlfriend. God can and will use all of these things to conform you to the image of His Son.

III. God promises us peace. Peace is a byproduct of prayer, of mental discipline, and of responsible action (Philippians 4:7-9). When we pray we are acknowledging our finiteness, demonstrating trust in God, and inviting God to bring his vast resources to bear on our concerns. We need to monitor our "self-talk"; notice what we are telling ourselves. When you face a problem, ask yourself, "What responsible actions should I take?" Begin by defining the problem clearly: "Exactly what am I worried about?" Next, ask: "Is this problem real or perceived?" Then actively work on solutions and mitigating next steps. Finally, take one day at a time. Jesus said, "Each day has enough trouble of its own."

It's important to distinguish between goals and desires. A goal is something you can accomplish without the cooperation of others; a desire requires the cooperation of others. The accomplishment of goals requires that you take responsible action. The fulfillment of desires is something that you commit to prayer. Let's say you have lost your job, and you are worried. First, distinguish goals from desires. To get a job requires the cooperation of others. If you mistakenly make a desire a goal, you put pressure on yourself to accomplish what you cannot on your own. But you can have the goal of researching some companies and revising your resume to send to each. A legitimate desire may be to land a job that pays \$125,000 a year and starts no later than January 1st. You cannot make that happen on your own. It requires the cooperation of others. You pray about desires and you set goals and take responsible actions. So let's stop worrying and start praying and taking responsible action!



Honey—it's not too late to learn how to break bad habits, but we'd better act fast—it's this Saturday!



- "Why do so many of us struggle with addictive habits?"
- "Are freedom and change possible—for me or my friends?"
- "What is the biblical method for breaking addiction's grip?"

**Biblical Hope and Help
for Addictive Habits and Eating Disorders**

- Saturday, November 5th 9am — noon
- Triangle Community Church [4216 Kildaire Farm Road, Apex]
- Facilitators: Dave and Krista Dunham
- For adults and high school students
- Tickets just \$15
- Free childcare available



This interactive workshop will provide you with rich biblical perspectives on addictions, with additional focus on eating disorders, and will equip you with practical strategies for combatting these common struggles.