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“Am I Worrying too Much?”

What is worry? Why do we worry? Where does the need to worry come from? What strategies can we implement to begin **uprooting those things that have been planted in us that have given us permission to depend more on worldly possibilities than on God’s infinite TRUTH?**

Matthew 6: 25-34 is an amazing reminder of what our GOD teaches us about worry.

Jesus said the following, “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

This sounds good right? But honestly, just as women alone we have the tendency to worry. We are set up to nurture and care for those around us. We want to see the best outcome in all situations, and when the opposite is threatening we often retract to worry. What are some of the circumstances that have consumed you lately?

How do you identify worry in your life? What are the strategies you use to overcome difficult areas in your life that lead to worry?

The bible specifically says, that we are to take captive this thoughts that war against the knowledge and truth of God. So why is it that we submit to worry? Worry is the evidence that we have begun to doubt the promises of God. The Message version gives great interpretation of 2 Corinthians 10:5&6:

The world is unprincipled. It’s dog-eat-dog out there! The world doesn’t fight fair. But we don’t live or fight our battles that way—never have and never will. The tools of our trade aren’t for marketing or manipulation, but they are for demolishing that entire massively corrupt culture. We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ. Our tools are ready at hand for clearing the ground of every obstruction and building lives of obedience into maturity.

Now, individually, take a moment to reread the above verse. What is jumping out to you the most? What do you think God is saying through this verse? How does this apply to your life's current circumstances? Jot down your answers and once everyone has finishes take turns sharing your answers.

Often times the root of worry is fear. If you can take the circumstance you originally mentioned when pertaining to worry, do you see that there is fear attached to it in some way? Are you afraid you won't be able to pay your rent? Are you afraid that you will not find a job? Are you afraid that you will not be married or have children? Have you been let down in the past and fear that disappointment will repeat itself?

In Psalm 22 David is crying out to Lord in sorrow, in the first verse he says, "My God why have you abandoned me." He then begs God to stay close to him and then list the many obstacles in his life.

The very next chapter, Psalm 23, David writes:

The LORD is my shepherd;
I have all that I need.
He lets me rest in green meadows;
he leads me beside peaceful streams.
He renews my strength.
He guides me along right paths,
bringing honor to his name.
Even when I walk
through the darkest valley,
I will not be afraid,
for you are close beside me.
Your rod and your staff
protect and comfort me.

Just like David, there will be times when you feel afraid, there will be times when God feels far away, there will be times when you do not know when the increase is coming, and there will be times when the lies of the enemy threaten your peace. But just like David, you have to capture those thoughts. You have to declare that God is indeed just who HE says HE is. He is your Good father. He is your mighty protector. He the Savior of your soul and the great LOVE of your life. He will not forsake you sis!

What promises of God do you declare over your life in time of hardship or fear? As we close, take this time to share these verses and what they mean to you!

-Pray Out