

Soul Talk
Lesson 9: Topic 1- Worry

I. Table Time- Introduction

- A. BRIEF High/Low from the Week (Don't have to have one or one of each)
- B. What are some of the things we worry about most?
- C. How does worry show up in our behavior (emotions, actions, words, relationships)?

II. Teaching Time (Matt 6:25-33 + Lk 12:32; Matt 6:19-24)

A. Review:

- 1. **What is the Goal?** it's not to Feel Better; It is to Honor God:

B. Identity of Jesus: Unpacking the Great "I AM" Statements- in John

- 1. Bread of Life- quench eternal hunger
- 2. Gate- Open the Way to God, and Guard His people
- 3. Way, Truth, Life- Access to the Father, goal/path
- 4. Resurrection and Life- we live though we die
- 5. Light- followers don't walk in Darkness
- 6. Good Shepherd- Lead, Feed, Protect, ...
- 7. Vine- His life flows into followers so bear fruit; abides w/ us

C. The Anatomy of Worry

- 1. We Worry About: Social, Financial and Health ... Everything
- 2. Worry Works: Emotional/Thought Life, Actions, Words, Relationships
- 3. Worry Reveals the Heart:
 - a) Control/Lack of Control
 - b) Controlled by Others (Fear of Man)
 - c) Threats to the Object of my Hope
 - d) Unbelief: Faith and Worry are Opposites of Each Other

D. Jesus' Words to Worriers: [Matt 6:19-33 + Lk 12:32]

- 1. Commentary:

2. Breakout: (Dissect the Passage)

- a) What does Jesus tell us about God's Character in these verses?

- b) What does Jesus tell us about God's activity in these verses?

- c) What does Jesus tell us about us as worriers in these verses?

- d) What hope, encouragements and commands does Jesus give us in these verses?

3. Debrief

4. Breakout 2: Speak to Worry

- a) What in this passage helps us diagnose the heart of worry?

- b) How does this passage help us reframe who God is? How does that speak to our/others heart of worry?

- c) How does what God is doing and saying and promising confront and comfort our/others worries?

- d) How should we live in light of this passage? How should we encourage others we counsel w/ the live?

III. Homework: Diagnose and Begin Speaking to your Worry [Picture Below]

- A. How does worry show up in/affect my life and relationships?
- B. What do I worry about, when, how often? (Broadly everything- still list it, narrowly one area) What does worry sound like in your thought life?
- C. What are some things that might be going on in my heart to produce my specific worry?
- D. Complete Breakout 1 and 2 alone, specific to your worry; or in a micro group. Do this in writing.
- E. Close by Filling out Fruit to Root; Root to Fruit: (Remember negative confession of sin (heart/behavior), repentance, positive verbal confession of God's truth.)
- F. ***Throughout the week after seek to apply taking the thought captive, examining fruit, make submit to truth of Jesus (info above), use most impactful truths in your daily battle.

Appendix A: Better Reasons Not to Worry by Powlison

- 1. Your life is so much more than food or clothing. There's more to you than what you have or don't have.
- 2. Look around the world: Crows- they live in the moment and God provides for them. God loves you more than crows.
- 3. Worrying can't add a single hour to your life. Worry can't take you one step further.
- 4. Consider the lilies of the field: Flowering weeds; God will dress you in His glory.
- 5. Don't seek what everyone everywhere is after. The Father knows what you need.
- 6. God promises you . . . Himself. "Your Father is . . . God."
- 7. Having given you so much, your Father calls you to the radical freedom of giving your life away. Alternative to worry- everything is get, got, gotten; Jesus' message is give.

So . . .

- 1. Name the Pressures Specifically
- 2. Identify how you express anxiety
- 3. Ask yourself, why am I anxious?
- 4. Which promise of Jesus Speaks to you most?
- 5. Go to your Father. Talk to Him. He cares about the things you worry about.
- 6. Give. Do or say something constructive. Care for someone . . .

WORRY

I
Do:

I
Am/
Heart:

God
Does:

God
Is:

I
Do:

I Am/
Heart:

God
Does:

God
Is:

(-) Confession → Repentance → (+) Confession

1. Take Thought +
Captive
- Dissect + Diagnose

2. Evaluate Fruit

3. Bring Into Submission
to Christ

4. Armed For Daily
Battle