

the Venues

Go Deep

Summer Baggage: Worry

7.11.2021

What worries are in your suitcase?

How do you handle your worries?

_____ *I don't. They handle me.*

_____ *I numb myself.*

_____ *If it's something I can fix, I fix it.*

_____ *I engage in spiritual practices.*

_____ *Other: _____*

Read [Philippians 4:6](#).

What is your gut response to Paul's admonition to "Be anxious for nothing"?

What's the difference between the presence of worry and the prison of worry?

Read [Matthew 6:26](#). Jesus puts worry in the context of a relationship with God as a Divine Parent.

How does that relational dynamic address the experience of worry/anxiety?

Phillip cited two researchers, Kenneth Pargament, PhD, Psychology, and Andrew Newberg, MD, Neuroscience, who state that those who view God as judgmental, vengeful, punitive experience more anxiety than those who view God as loving and compassionate.

With which view of God were you presented through your life?

What is your view of God today?

How does that view affect your well-being?

Martin Luther King Jr. preached a sermon titled, "Is the Universe Friendly?"

What's your answer?

Does it surprise you that Dr. King answered "Yes"?

How do the statements "Bad things happen" and "The Universe is Friendly" mesh?

Take a look at [Matthew 5:44-45](#).

Is Jesus serious?

What does this passage say about the nature of God and thus the nature of the universe?

Read [Luke 12:24](#). Compare that to Matthew 6:26. The raven was declared as "unclean" in the Jewish dietary law.

What does it mean that God would care for an "unclean" bird?

Read the following verses and make note of the prepositions: [John 14:20](#), [Romans 8:31](#), [Isaiah 41:10](#).

Write a statement about God's relationship with us based on these prepositions.

What does that do for you as you deal with the worries of life?