



FIGHTING THE BARBARIAN WORRY

FFC WOMEN'S DISCIPLESHIP RESOURCES
TAKE YOU TO GOD'S WORD FOR ANSWERS.

THE MATERIAL FOR THIS STUDY WAS ADAPTED FROM "SEEING WITH NEW EYES" (PG. 109-124) BY DAVID POWLISON, (NJ: P&R PUBLISHING, 2003).

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Fighting the Barbarian—Worry

This study is based on what Jesus said about worry. In Matthew 6:22-23, he said that if our heart has a bad eye, our whole body will be affected. When we are focused on our problems, we prove that there is a bad eye in our heart. Every time we worry, we are choosing to view our situations through that bad eye, and letting a barbarian enemy into our minds. This study will teach you how to combat anxiety with the seven delightful reasons Jesus gave when He said, “Do not worry.”

Directions for Study

- Complete this study (pg. 77-78) together with your coach.
- Next time you feel anxious, complete the short version (pg. 79). Let your coach know that you've been anxious. Tell her which promise you are holding on to, and how you have been giving.

1. PICK A PROMISE

Jesus gave seven reasons not to worry. Which do you find most inviting or helpful? As you read Jesus' promises, choose one about which one could you say, “If I remember _____, I'll be a different person this week because I won't worry about what's bothering me.”

- **Jesus says your life is more than food or clothing.** Read Matthew 6:25 & Luke 12:22-23. Living for what we do or don't have is foolish. For example, women put inordinate focus on looking young, when someday we will all grow old and wrinkly. Or, we worry about our what our homes look like when someday they will be reduced to rubble. What are you worried about? Go through your worry list one by one. Jesus promises you, “Your life is more than _____.”
- **Jesus tells you to look at the birds and know that He loves you more.** Read Matthew 6:26 & Luke 12:24. Ravens survive by road kill and trash picking. Do you believe the promise God cares more about you than scavenger birds? If God provides for them, He surely will provide for you.
- **Jesus says that worrying is useless.** Read Matthew 6:27 & Luke 12:25-26. Jesus recognizes that worrying is the activity of a lazy person. You won't even get half a step closer to your goals by worrying.
- **Jesus tells you to look at the flowers.** Read Matthew 6:28-30 & Luke 12:27-28. Get a glimpse of the fabulous beauty that God creates—this is a spectacular reason not to worry. Jesus wants us to see the glory of useless wildflowers, and realize that the life God gives is indestructibly dazzling—radiant and full of glory. There is nothing we can do to make it so, it is God's doing.

- **Jesus tells you that the nations of the world have many economic problems, but God provides what you eat and drink.** Read Matthew 6:31-33 & Luke 12:29-32. You are living here at the moment, where everyone is obsessed and driven by material consumption. Don't be consumed and preoccupied with what you need here, simply do what is your duty each day. And someday you will go home.
- **Jesus says that your Father is God.** Read Matthew 6:32 & Luke 12:30. Here is the key reason not to worry—your Father knows what you need and all things come from His hand. Whatever your earthly father was like, the God of the Bible is your Heavenly Father. He is your helper (Psalm 121), and your Shepherd (Psalm 23). If you trust Him, what are you so upset about?
- **Having been given so much, you are free to give your life away.** Read Matthew 6:34 & Luke 12:33-34. Instead of thinking about what will happen to you, you can trust your Father and do something worthwhile. Do something for someone, give. As you die for Christ, you will live.

2. PUT THE PLAN IN PLACE

- **Name the pressure you are facing.** When we worry, there's a general feeling of anxiety about life, but in reality there are one, or two, or six specific things going on. What specific thing(s) are you worried about today? _____

- **Identify signs or expressions of anxiety in yourself.** Do you panic, or become withdrawn? Do your thoughts obsessively focus on one thing over and over? Do you get angry? Does your body get tense? Do you eat everything in sight? Or nothing? How do you express anxiety? _____

- **Ask yourself why you are anxious.** You will need to identify what you desire, what you think you need, what you want the outcome to be. Name the greed that is leading to your anxiety. _____

- **Go to the Father.** Cast your anxiety on Him. Confess what you have desired more than Him. Confess sinful expressions of anxiety. Allow His forgiveness to cleanse you as you trust Him.

- **Take hold of one of the seven reasons Jesus gave not to worry.** Which of Jesus' seven promises hits you the most? Read it aloud as if Jesus were speaking to you. Memorize it and believe it, and repeat it all day. Write it down here. _____

- **Give. Love. Meet human need.** There's always some way you can deny yourself and give to someone rather than worry, worry, worry. What will you do or say to care for someone today?

BE FAITHFUL TO BATTLE THE BARBARIAN WORRY

1. PICK YOUR PROMISE

- Matthew 6:25 & Luke 12:22-23.** Your life is more than food or clothing.
- Matthew 6:26 & Luke 12:24.** Look at the birds and know that God loves you more.
- Matthew 6:27 & Luke 12:25-26.** Worrying is the useless act of a lazy person.
- Matthew 6:28-30 & Luke 12:27-28.** Look at the flowers and realize that the life God gives is indestructibly dazzling—radiant and full of glory.
- Matthew 6:31-33 & Luke 12:29-32.** The nations of the world are focused on many economic problems, but God provides what you eat and drink.
- Matthew 6:32 & Luke 12:30.** Your Father is God.
- Matthew 6:34 & Luke 12:33-34.** Having been given so much, you are free to give your life away.

2. PUT THE PLAN IN PLACE

- **Name the pressure you are facing.** You may have a general feeling of anxiety, but in reality there are one, or two specific things going on. What specific thing(s) are you worried about today?

- **Identify signs of anxiety in yourself.** Do you panic, become withdrawn, let thoughts obsessively focus on one thing? Do you get angry? Does your body get tense? Do you eat a lot or nothing? How do you express anxiety? _____
- **Identify why you are anxious.** What do you desire, think you need, want the outcome to be? Name the greed that is leading to your anxiety. _____
- **Go to the Father.** Cast your anxiety on Him. Confess what you have desired more than Him. Confess sinful expressions of anxiety. Allow His forgiveness to cleanse you as you trust Him.

- **Take hold of one of the seven promises Jesus gave when He said not to worry.** Read it aloud as if Jesus were speaking to you. Memorize it and believe it, and repeat it all day. Write it down here.

- **Give. Love. Meet human need.** There’s always some way you can deny yourself and give to someone rather than worry, worry, worry. What will you do or say to care for someone