



## What is worry?

The New Testament word for worry (*merimnaō*) has two senses-

**Genuine concern** (*Phil 2:20*)

**Excessive fear about the future** (overworry). (*Matt 6:25*)

## Worry starts here

Self-centered ambition (*Matt 6:33*)

Unbelief (*Matt 6:30*)

## Choose to trust in God

Look to God in prayer (*Phil 4:6-7*)

Give your cares to God (*1Peter 5:7*)

## Study Questions:

1. How might irritability and impatience be a symptom of worry in your life?
2. What other indications of worry do you see in your life?
3. How does worry distract us and put our relationship with God on “hold?”
4. What worries are distracting you from focusing on God?
5. Romans 8: 38 says: “Our fears for today, our worries about tomorrow, and even the powers of hell can’t keep God’s love away.” (NLT). How will you personally live out this truth?



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