



## WORRY - DEVOTIONAL WORKSHEET

**NAME:**

Theme: **WORRY**

Date:

Weekly Verse Memory:

**Proverbs 3:5-6** - Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

### DAY 1 – PASSAGE: MATTHEW 6:25-34

List the Scripture reference to the truth that stood out to you in your reading?

How is the command to not be anxious connected with Matthew 6:19-24?

Give a brief description of sinful anxiety from Matthew 6:25-34.

What principle is Jesus seeking to emphasize through His illustration of the birds in Matthew 6:26?

How does Matthew 6:33 help fight against sinful anger?

What does it mean in Matthew 6:34 that “tomorrow will be anxious for itself?”

### DAY 2 – PASSAGE: PHILIPPIANS 4:1-9

List the Scripture reference to the truth that stood out to you in your reading?

What situation is happening in the church in Ephesus that results in Paul’s admonition to “not be anxious?”

How does conflict tempt a person to have anxious thoughts?

How does reflecting/meditating on the peace of God through prayer help fight against anxious thoughts?

How does the “peace of God” guard our hearts and minds in Christ?

What does an individual’s sinful worry reveal about what they believe about God?

**DAY 3 – PASSAGE: 1 PETER 5:1-10**

In this text of Scripture who is being told to “cast all their anxieties on Him” in 1 Peter 5:6? What would cause this person to be anxious?

How does being a humble person help an individual cast their anxieties to Christ?

List the three areas where you find yourself struggling with sinful worry?

How have you tried to deal with the worry from the areas mentioned above?

When Satan seeks to devour a person through worry, what is the outcome he hopes to accomplish? And Why would he want to accomplish this?

How does focusing on Christ future restoration and coming help a person who struggles with worry?

**DAY 4 – PASSAGE: JOHN 14; PROVERBS 12:25**

What situation was causing the disciples “hearts to be troubled?”

How does Jesus seek to help them with their worrisome thoughts?

Why was Thomas concerned about what Jesus was saying? And how does genuine trust in Jesus help fight against worry?

How did Jesus perspective of the father help him stay away from sinfully worrying about what he was about to go through on the cross?

Describe how Jesus promise of the Holy Spirit was supposed to dispel worry/fear?

Read Proverbs 12:25 and describe how anxiety can weigh a person down?

What present anxieties are weighing you down? Take these anxieties to the Lord in Prayer!

**DAY 5 – PASSAGE: PSALM 40**

List the Scripture reference to the truth that stood out to you in your reading?

Read Psalm 40 and list 2 ways the Lord helped the Psalmist when he was troubled?

1. –

2. –

Describe how the Psalmist views God and his help?

How would you like God to help you during your fear/worry? How do you need to change your thinking about God when you are tempted to worry?

What principle found in Psalm 40:11 might help the worrier?

What does the Lord do for those who are “poor and needy” (40:17), and how does this aid someone who struggles with worry?