

HOSTAGE—2

WORRY

- **WORRY IS DERIVED FROM THE GERMAN WORD “WURGEN” MEANING TO CHOKE OR STRANGLE.**

...everything that does not come from faith is sin. Romans 14:23

- **WORRY IS THE SIN OF DISTRUSTING THE _____ AND _____ OF GOD.**

For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7 NKJV

...Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?
Matthew 6:25

STOP THE STRANGLE-HOLD OF WORRY

- 1) **I WILL DO WHAT GOD ASKS _____ TO DO.**

Do not merely listen to the word, and so deceive yourselves. Do what it says. James 1:22

- Think on the _____ things.
- Do what is _____.

- 2) **I WILL GIVE GOD WHAT I _____ DO.**

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:6-7

Cast all your anxiety on him because he cares for you. 1 Peter 5:7

- 3) **NO MATTER WHAT HAPPENS, I WILL _____ GOD.**

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself...
Matthew 6:33-34

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

I will do what God asks me to do. I will give God what I cannot do. No matter what happens, I will trust God.

Personal Reflective Questions

- 1) What is your biggest worry?
- 2) What is God asking you to do about your biggest worry?
- 3) How can you practically and spiritually cast your cares and worries on God? (You might want to meditate on scriptural promise that speaks directly to your worry.)
- 4) Read Proverbs 3:5-6. How can you apply that verse to your greatest worries?