God Family Country

GUIDED BIBLE STUDY

Worship Is a Choice

Speaker: Jill Smith

Highlighted Scripture

- **Philippians 4:6–7**
  Paul encourages believers not to be anxious about anything but to bring every concern to God through prayer and thanksgiving. In return, God's peace guards their hearts and minds in Christ Jesus.

- **2 Timothy 1:7**
  God has not given His people a spirit of fear, but one of power, love, and self-control (or a sound mind).

- **Psalms 55:22**
  Believers are invited to cast their burdens on the Lord, trusting Him to sustain them.

Discussion Questions

- **Jill says worship and worry cannot exist together. What do you think she means by that?**

• How does trust become an act of worship?

• What situations in your life most often tempt you to worry instead of trust God?

• According to Philippians 4:6–7, what practical steps can we take when anxiety begins to grow?

• How does focusing on God's Kingdom help change our perspective on life's problems?

Reflection Challenge

Intentionally replace moments of worry with moments of worship.

Ask yourself:

• What worries have been occupying my thoughts recently?

• Have I brought these concerns to God in prayer with thanksgiving?

• Am I focusing more on temporary circumstances or on God's eternal promises?

Try this:

• Every time you catch yourself worrying, pause and thank God for one specific promise from His Word.

• Spend a few minutes each day worshiping through prayer, music, or simply expressing gratitude to God.

• Memorize Philippians 4:6–7 and meditate on it when anxious thoughts arise.

• Practice surrendering one burden to God each day instead of trying to carry it yourself.

Remember

• Worry focuses on what might happen; worship focuses on who God is.

• Trusting God's promises is an expression of worship.

• God's peace is available even when circumstances remain difficult.

• Fear does not have to control our thoughts or decisions.

• Keeping our eyes on God's Kingdom helps us view life's challenges through the lens of eternity.

Prayer

Father God,

Thank You for being worthy of my trust and worship. Forgive me for the times I allow worry to take my focus away from You. Help me bring every burden to You with confidence, knowing that You are faithful to keep Your promises. Fill my heart with Your peace, strengthen my faith, and teach me to worship You through every circumstance. May my thoughts remain fixed on Your Kingdom and Your goodness each day.

In Jesus' name,

Amen.