

“How to Get Set Free From Worry”

John 16:1-15; Jas 1:2-4; Mt 6:25-34

For God So Loved the World – John, Part 2

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From the following examples, circle the worry that you would lose sleep over the most. Money and financial future, health and safety of loved ones, job/career, relationship worries, appearance and weight, aging and loneliness, world events and politics, post-pandemic worries, death and dying... _____

As a follower of Jesus... _____ from worry is possible. (2 Cor 3:17) Our main text will provide the insight.

John 15:1-15... Within these verses are two takeaways to explore.

- **#1...** There will be _____ (VV 1-4a). **#2...** Come what may, there’s no need to _____ (VV 6-7).

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The Cross	The Grave	Raised From the Dead	40 Days of Preparation	Ascended into Heaven	10 Days of Waiting	Outpouring of the Holy Spirit

Let’s explore further the two takeaways from the main passage.

1. **There will be trouble.** (2 Cor 11:16-29; 2 Tim 3:10-12; Jn 15:19; 1 Pet 1:3-9; Jas 1:12; Rom 8:18-28; Jas 1:2-4)
 - a. We should decide to be _____ when we experience trouble! *What? Why?*
 - i. James 1:2-4 provides the textbook answer. _____
2. **Come what may, there’s no need to worry.** (Jn 14:27; Mt 6:25-34; 1 Pet 5:7; Col 3:15; 2 Thes 3:16)
 - a. *But why?* Verse 7 provides the textbook answer. (Jn 14:17; Rom 8:9; 1 Cor 3:16; 1 Cor 2:11-16; Col 1:27)
 - i. God, the _____ lives in you and desires to be your _____.

“God is able to do for us beyond what we can even imagine.” – Eph 3:20

“Everything I hope for comes from Him.” – Psa 62:5-8 (MSG) → “I have a hope that will never disappoint me.” – Rom 5:5 (NKJV)

“When I have Jesus, I have everything.” – Col 2:6-10

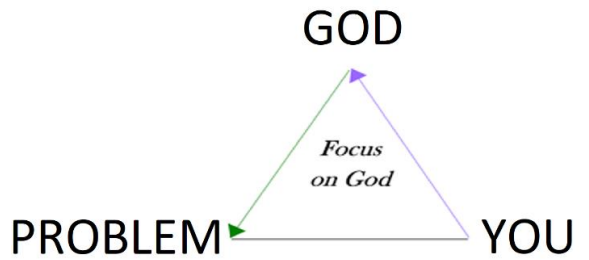
JESUS + NOTHING = _____! EVERYTHING – JESUS = _____!

TURN OVER FOR SOME TIPS TO OVERCOME WORRY AND FOR THE GOING DEEPER QUESTIONS

TIPS TO OVERCOME WORRY

Tip #1 – _____ on God, not your worry. Like Jesus did in the garden of Gethsemane. (Mt 26:39)

- What is your biggest worry as of present?
_____ Stop focusing on it, because
what you focus on grows. (2 Cor 12:9; 1 Pet 5:7)



Tip #2 – Live in the _____, not the future.
(Mt 6:34; Lk 9:62)

- Appreciate everything around you with your five senses in a slow, intentional way. This is called
_____. Also, start an "I am thankful for..." journal and look for things to write in it.

Tip #3 – The record that's playing over and over in your head needs to be a _____ generator, not a worry generator.



- Play the record of God's Word. How? By writing the following verses on sticky notes and putting them everywhere. That way, you'll be _____ on them throughout the day.
 - Josh 1:8; Deut 31:8; Psa 18:30; Isa 44:8; Mt 6:34; Phil 4:6-7; Jer 29:11

By following through with these tips intentionally, you can be assured that you will be set free from worry.

- Which one of the above three tips are you most motivated to execute? ___ How will your life change for the better by following through? How will the lives of others be blessed by you following through?

GOING DEEPER QUESTIONS FOR "HOW TO GET SET FREE FROM WORRY" – 07/07/24

Go through this note sheet and discuss with your growth group and/or your family at the dinner table. Seek opportunities to also share this with your friends, relatives, coworkers, neighbors, and/or school mates. Bring this note sheet to your work and discuss it with your workmate over lunch. Bring it to school and discuss it with your schoolmate over lunch. Read the main passage and look up all of the supporting verses on the other side of this note sheet. Pray with one another.

1. Which one of the examples of worry at the front/top of the note sheet did you circle and why?
2. Jesus told us not to worry in Matt 6. On a scale of 1-5, in a general sense, how much freedom do you have over worry? ___/5 Please share details behind your answer.
3. Can you relate to having the view that Jesus is competing with your other affections in order to be #1 in your life? If yes, is this a view from your past or do you currently have this view? Or has it been replaced with Jesus being the center of everything that comprises your life? What are the implications behind both views?
4. Out of the three tips on how to overcome worry, which one are you most motivated to execute and why? How will you execute this tip in the most practical way?

Tip #3 – The record that’s playing over and over in your head needs to be a faith generator, not a worry generator.



- Play the record of God’s Word. How? By writing the following verses on sticky notes and putting them everywhere. That way, you’ll be _____ on them throughout the day.
 - Josh 1:8; Deut 31:8; Psa 18:30; Isa 44:8; Mt 6:34; Phil 4:6-7; Jer 29:11

Regarding tip #3, Pastor Paul suggested writing verses on sticky notes and putting them everywhere. That way, you would be meditating on them throughout the day.

Here are the verses:

Deuteronomy 31:⁸ The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

Psalms 18:³⁰ As for God, his way is perfect: The LORD’s word is flawless; he shields all who take refuge in him.

Isaiah 44:⁸ Do not tremble, do not be afraid. Did I not proclaim this and foretell it long ago? You are my witnesses. Is there any God besides me? No, there is no other Rock; I know not one.”

Matthew 6:³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

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

Jeremiah 29:¹¹ For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.