



## Why Worry

### INTRODUCTION

When life results in situations we have not intended, our natural tendency is to worry. Among other things, we worry about our finances, our relationships, and our health. Yet, does worrying add a single hour to our lives? In fact, the stress created by our anxieties may have actually taken a year or so off our life expectancies. There are numerous books written about worrying and stress-free living. Interestingly, many of the insights suggested by modern authors come directly from scripture.

### DISCUSSION QUESTIONS

1. Are you a worrier?
  - a. If no – Why not? And how do you handle stress?
  - b. If yes – Have you always been a worrier? Have there been any contributing factors to your increase in worrying?
2. What are some of the things you worry about the most?
3. What are some of the effects of worry in your life?
4. In the message Dave said, “The things you worry about reflect your core devotions.” How does that statement make you feel? What can you do to start shifting your devotion from worry to trust?
5. What do you need to surrender to God this week to move from “I believe God can” to “I trust God will!”? **(Pray over those things)**