

Overcome Worry

March 11, 2022

-A.M. SERMON NOTES -

“JESUS Through the Eyes of Luke: ‘Overcome Worry’”

(Luke 12:22-34)

INTRODUCTION

Our Bible studies throughout 2022 focus on JESUS Through the Eyes of Luke, from Luke’s Gospel and his Book of Acts. Every Sunday we study and apply God’s Word. In Luke 12, Jesus says worry is a bad idea for two reasons, then He says there are four ways to overcome worry:

A. Worry is foolish (12:23-24)

B. Worry is futile (12:25-28)

I. Trust God (12:29-30)

II. Put God first (12:31)

III. Don’t give in to fear (12:32)

IV. Reduce your worry load (12:33-34)

CONCLUSION

Note that Jesus addressed this section of Scripture not to the crowds but to His disciples: Then He said to His disciples (12:22). The implications is that worry is one of the besetting sins of believers. Let’s recognize worry for what it is. Let’s live out these four principles that honor God, bring peace, enhance our testimony, and bring mental health and joy!

-Applying Today’s Sermon to Your Life -

Our 2022 Bible study focuses on JESUS Through the Eyes of Luke, from Luke’s Gospel and from his Book of Acts. Our Verse-of-the-Week today is Psalm 27:1, The Lord is my Light and my Salvation; whom

shall I fear? The Lord is the Stronghold of my life; of whom shall I be afraid? Read today's Bible text, Luke 12:22-34. What does this tell you about JESUS Through the Eyes of Luke? What does it mean for those who follow Jesus today?

1. Which situation is most worrisome for you right now?

- A. Overdrawn at the bank
- B. Gained ten pounds
- C. Child expelled
- D. Relative's military service
- E. Family member's health
- F. Uncertain future
- G. Mother-in-law stays two weeks
- H. Business pressure
- I. Strained relationship
- J. My health

Read Luke 12:22-34 again. What's the answer to your worries?

2. Ken surfaced four great principles for winning over worry. What actions will you

take this week to walk in the Word and to apply each one to your life?

- A. Trusting God:
- B. Putting God first:
- C. Refusing to give in to fear:
- D. Reducing your worry load:

3. On a scale of 1 to 10, (1="no sweat", 10="panic") what is the worry quotient in

your life right now? Why? Is worrying helping?

4. Make a long list of Bible verses that coach us away from worry toward prayer,

faith, Scripture memory, faith, and trust in God. Highlight your list in your Bible

and discuss them with someone. How could this help. List your verses below:

A. _____

B. _____

C. _____

D. _____

E. _____

5. Imagine living today without faith, without knowing Jesus, without knowing how

to pray, and without a supportive church family. Now think about your neighbors,

your coworkers, your relatives, your classmates, your friends, and people in your

circle of acquaintance. Who needs your faith, your Jesus, your prayers, your

church family? Will you ask Jesus to make His appeal to them through you?

6. I will put today's Bible study into action now by: