



LESSON ELEVEN: HOW TO OVERCOME WORRY

Philippians 4:1-9

1. Get along with _____ at all cost.
2. Get in the habit of _____, no matter what.
3. Get on your knees and _____ when you feel like it and when you don't.
4. Get your mind _____ on the right things.
5. Get committed to _____ these principles over and over again.

• I Choose Joy •

THE LETTER TO THE PHILIPPIANS

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Commit this verse to memory: Philippians 4:6 "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Discussion Questions:

Worry is the greatest epidemic of our modern culture. It seems the more control we think we have the greater our ability to worry. The problem with worry is that it's paralyzing. It's heavy. It's addicting and it's destructive. More importantly, it's disobedient to God who gave his all to keep you from a life of enslavement to worry.

As a lifelong worrier, few passages in Scripture are as powerful to me as Philippians 4. I love it and can't get enough of it. In this week's lesson, our goal is to submit to God in trust and ask him to help us overcome worry. Let's find out how.

1. What is the most difficult sin in your life to overcome?
2. What are you worried about lately? Why? What does God's word say about that particular matter?
3. What are some reasons why you should not worry?
4. What qualities does Paul urge us to set our minds on?
5. How could you strengthen your prayer life?
6. Consider these thoughts and write down what comes to mind.
It is a sin to worry, and it is a command not to be anxious.
The way to overcome worry is not by effort of will, but by total and complete dependence on the Lord.