

A BIBLE STUDY FOR WORRIERS

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1. On what basis does Peter suggest we cast aside worry? _____
_____ I Peter 5:7
2. Read verses 8 and 9. In light of verse 7, how can the devil devour you? _____

3. Two steps are suggested in verse 9 for dealing with worry. They are _____
_____ and _____
4. Verses 9 through 11 present us with eight elements of faith that will enable us to stand firm. As you list these elements of faith, write out how each of these “faith facts” can help you deal with the problems over which you have worried. Here is an example. 1) Recognizing that our brethren in Christ have similar difficulties. If others have these problems and God can and is helping them, I can count on Him to help me (I Cor. 10:13)
.
2) God is the God of all help.
3) _____
4) _____
5) _____
6) _____
7) _____
8) His power is forever and ever.
5. Read Philippians 4:4. What does Paul command in this verse?

6. Right now, do you think it is possible to be “glad” upon command?
Yes _____ No _____
7. What reasons can you list for the impossibility of being “glad” by command?
1) _____
2) _____
3) _____
8. In each of the following verses list the items (thought patterns, facts, etc.) which lay Paul’s basis

for being glad upon command.

Philippians 1:6 _____

Philippians 1:18-19 _____

Philippians 1:21 _____

Philippians 1:29 _____

Philippians 2:14 _____

Philippians 3:7 _____

Philippians 3:10 _____

Philippians 3:12 _____

Philippians 3:14 _____

Philippians 3:19-20 _____

Philippians 4:12-13 _____

Philippians 4:19 _____

9. The opposite of worry is peace. In Philippians 4:6-9 Paul suggests three specific activities that will move us from worry to peace. They are:

1) vs. 6 _____ prayer.

2) vs. 8 _____ thought orientation.

3) vs. 9 _____ oriented life.

Let's work on each of these activities.

Trusting prayer

Remembering what we learned about God in the I Peter 5 passage, list as many specifics about each major problem you have worried about as they come to your mind, and then formulate specific prayer requests in each of the following areas:

- 1) How God can equip you to work on this problem.
- 2) How God can strengthen you to meet this problem.
- 3) How God can establish you in relation to this problem.

Now commit these matters to the Lord in prayer and get on with:

Deliberate thought orientation

Make a list of all the good things that you can think of (continue to add to the list) to which you can turn your thoughts and actions whenever you find yourself worrying. The list may include such routine things as cleaning the hall closet, planning how to store materials and better utilize space, etc.

Command-oriented life

Most people who become paralyzed with worry become sinful in two ways. They fail to trust God and they fail in being responsible to live out their Christian faith. If God has commanded us to live in a

certain way, or behave in a certain manner, He will not make us. We must take the command as being in the realm of possibility and continue to practice until we master habitual success. Most people fail to change because they quit after several failures.