



Sources of Our Worries - Handout #1

Worry Abounds

People are convinced that there is no solution to their worries. They put up with their anxieties rather than deal with them because they are not able to cope with their increasing troubles.



Sources of Anxiety

One big question looms before us, "Can we stop worrying?" On the left, write down your two greatest worries. On the right, write down why these areas concern you.

#1 _____

#2 _____

Signs of Worry

Lets look for signs of worry in our lives and those around us. What do you see? List the results of worry you find in your life.

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Worries Impact our Spiritual Lives

If we put off solving our anxieties, worse symptoms will develop. Worries greatly influence our spiritual lives. What areas of your spiritual life are now or have been impacted because of anxiety?

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"Life will never be the same again."

Starting Point

The problems as bad as they may be are not the root issue; it has to do with the way we view a situation.

- **Worry:** A preoccupation of ones own welfare.
- **Anxiety:** A state of unresolved concern for some aspect of my life.

Can Worry be Good?

Usually, when we think of worry being good, we think of three areas.

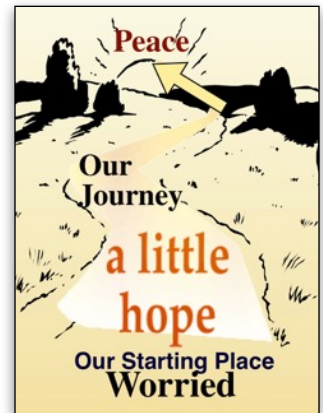
- 1) Warning worries. (Good)
- 2) Worrying for others. (Bad)
- 3) Worrying as a motivator. (Bad)

Discovering Hope

If we have lost hope, then we cannot go on. We won't go on. God wants to bring hope in our hearts. Our circumstances might be totally distressful, and we might see absolutely no solution ahead, but we still can have hope because of Him.

Our Journey

God wants to take us on a journey. Where to? He wants to take us from our worries and safely bring us to His peace.



Finding Peace

The world's peace is not really peace at all. Do you want a peace that fails you just when you need it the most?

World's Peace

1. Dependent on _____
2. Must be _____
3. Does _____ allow for troubles
4. _____ manage situation
5. _____ to control
6. _____ fails

Or do you desire God's peace that keeps you calm in the most threatening situations?

God's Peace

1. Dependent on _____
2. _____ need to be seen
3. Allows for _____
4. _____ manage situation
5. _____ to control
6. _____ endures

"Peace I leave with you; My peace I give to you; not as the world gives, do I give to you. Let not your heart be troubled, nor let it be fearful" (Jesus says in John 14:27).

God's Peace

God's peace has two aspects.

1) Peace with God

- Peace with God & others.
- Reconciliation - peace making

2) Peace of God

- Peace in our inner selves.
- Inner harmony

We cannot have peace of God until we first have peace with God. Peace of God flows from the peace with God.

- Which kind of peace do the verses on the right speak of. Number either #1 or #2.

Verses of God's Peace

"These things I have spoken to you, that in Me you may have **peace**. In the world you have tribulation, but take courage; I have overcome the world." (John 16:33).

"There is no **peace** for the wicked," says the LORD." (Isaiah 48:22).

"And the **peace** of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus." (Philippians 4:7).

"Therefore say, 'Behold, I give him My covenant of **peace**'" (Numbers 25:12).

"Therefore having been justified by faith, we have **peace** with God through our Lord Jesus Christ" (Romans 5:1).

"And He will speak **peace** to the nations; And His dominion will be from sea to sea," (Zechariah 9:10).

"The word which He sent to the sons of Israel, preaching **peace** through Jesus Christ (He is Lord of all)" (Acts 10:36).

"Yet if the unbelieving one leaves, let him leave; the brother or the sister is not under bondage in such cases, but God has called us to **peace**." (1 Cor 7:15).

Discovering the Bridge of Hope

How do we cross?

#1 Leave behind

#2 Look ahead



Can we make it across?

I am willing for God to take me on this life journey to leave my worries and seek His peace in my heart.

Sign & Date _____

What guidelines are there?

We have three guidelines for a smooth journey.

1) Get _____ (James 4:8)

2) Listen _____ (John 10:27)

3) Confidently _____ (1 John 5:3)

Our Journey

What might this journey look like for you?

"Casting all your anxiety upon Him, because He cares for you." (1 Peter 5:7)

Our Starting Point

Write down your major worries.

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Rate them: (1) Minor (3) Average (5) Extreme

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Rate them: (1) Minor (3) Average (5) Extreme

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Rate them: (1) Minor (3) Average (5) Extreme

Our Destination

Write down what kind of peace you need in each situation.

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Working toward a solution:

"Whether _____ (this) or _____ (that), I will trust you. You my Lord will be with me and help me through the circumstances."

Jesus Gives us Hope

Jesus didn't worry. In spite of all the surprising, impossible, routine and treacherous circumstances that He often found Himself in, we find no anxiety in Him.

Event (What happened)	My response (Any anxiety?)	Jesus' response (Any anxiety?)
Awoken in a flooding ship at a stormy sea by anxious friends (Luke 8:22-26)		
Cares for needs of others. Many people hungry and be faint if He sent them home. (Mark 6:30-44)		
Jesus' life is threatened. Leaders plot to kill Jesus. (Matthew 12:14-16)		

- Project: Read the Gospels and make a more complete list like below.

Jesus didn't worry - Why?

Closely examine Jesus' life though all the changing events and you will not find Him doubting God's will but trusting His Father. There is much difference between the two. This trust is the model Jesus gives us as our part of being His children.

Touching Our Lives



- **Principles:** What principles were strongly impressed on me today?
- **Applications:** What clear decisions, plans, confessions, etc. do I need to make because of what God spoke to me during this session?
- **Testimony:** What one or two special lessons, stories, illustrations, warnings, etc. can I share with others that might encourage their faith?

OA Handout Answers #01

Many answers in this chapter are your personal ones. There is no right or wrong.

1. Dependent on feelings (Finding Peace)
2. Must be seen
3. Does not allow for troubles
4. Must manage situation
5. Tries to control
6. Ultimately fails

1. Dependent on trust (Finding Peace)
2. No need to be seen
3. Allows for troubles
4. Need not manage situation
5. Trust God to control
6. Always endures

1. Get closer to God (Discovering the Bridge)
2. Listen intently to the Lord
3. Confidently do what He tells you.