

## WORRY FREE LIVING

### Purpose

To show how worry is a lack of faith in God that ruins the happiness of an individual, young and old. It is unhealthy for the body and the soul. The Israelites are an example of this...always murmuring and whining about something. How about us?

### Objective

- Worry means to “*inflict one with mental distress.*” Note the evil report (Nu. 13:32) of the spies *distressed* the children of Israel, bringing about fear (Nu.14:1-2).
- Fear is the brother of worry and shows our lack of confidence in the Lord to solve the problem. Combine this fear with an unwillingness to get up and do something to solve the problem, and worry is the result.
- Notice the answer of Joshua and Caleb in Chapter 14:8-9: “*The Lord is with us: fear them not.*” Caleb is said to have “*another spirit*” (14:24). He had a life without worry; a spirit that “*fully followed*” and trusted in God. As we discussed last month, He and Joshua did not fear the giants, they did what they could and left the rest with God.

### Outcome

- Be aware of God’s presence in our lives (Mt. 10:30; Mt. 6:28; Lk.12:27-28) God is in control; we aren’t (Acts 17:28; Ro. 8:31).
- What we can do, we should do! Notice Paul’s profound statement about worry in Philippians 4:6-7: “*Be careful (“anxious” ASV) for nothing...and the peace of God...shall keep your hearts.*”
- Stop worrying! Do not fail to show that uncontrolled anxiety (worry) is futile. We must do all we can do to solve a problem, then it needs to be given to God (1 Pet. 5:7).

### Key Thoughts

➤ Life is God’s gift to you. What you do with that life is your gift to God. Don’t spend that life in worry. Change the things you can change; leave the rest to God. Don’t worry about the things you can’t change.

*“Lord, grant me the courage to change the things I can  
The grace to bear the things I can’t change  
And the wisdom to know the different”*

### Discussion

1. Make a list of things we worry about. What can we do to change the situation?
2. Are we willing to let God have it after we have done all we can do?
3. Do we have the “peace of God” that Paul promised (Phil. 4:7)?
4. Can we see how fearing the wrong thing (like the Israelites did) accomplishes nothing?
5. Are we guilty of “murmuring” about things God has already settled and for which we can do nothing about?
6. What can we do to defeat worry?