

Sin 101

Lesson 7

Worry

PART I EXPLANATION

Introduction: Few people think of worry as a sin. Worry is the sin of failing to trust God's providence and is the exact opposite of faith. It is commonly used by the enemy as a "fiery dart" to disrupt our walk of faith. The definition of worry given by Webster is to "tease, trouble, or harass". Our enemy delights to torment the saints of God with worry. The solution to combating these darts is to raise the shield of faith, which is simple trust in God and the promises revealed in His Word. Failure to understand your defenses against the enemy is the cause of great distraction, discouragement, and doubt in the children of God. It draws the attention off from the great spiritual work that has been entrusted and places it upon concern for the temporal and physical realm. God's children must not allow the enemy to succeed in distracting them from the eternal and spiritual realm.

In order to maintain a proper focus and attention upon our warfare requires faith in God's daily provision. You cannot walk by faith and at the same time worry about whether He is in control of people and circumstances. What is amazing is the fact that God has never one time given His people cause for worry or for fear. If there were one instance where God had failed to provide for His people then maybe a case could be made to justify worry. However, since no saint since the creation of the world is able to raise a single accusation of neglect, let us take comfort in the promises of Scripture.

Another problem makes it difficult for us to live in complete reliance upon God is our natural desire for independence. It is humbling to acknowledge our dependence upon someone else for survival, even God. Rather than confess our worries as sin and casting our cares upon the shoulders of God we would rather reel them back in and bear the burden alone. The result of shouldering this stress results in mental, physical, and spiritual breakdown.

Another primary cause of worry is a failure to have a clear conscience before God concerning our daily lifestyle. The promises of God are given to those that seek first the kingdom of God. However, if we are overextending ourselves because of covetousness or living a lifestyle without service to God, there is genuine cause for concern. God does not promise to bail us out of our troubles and provide for the servants of mammon. However, if we are walking by faith and seeking His kingdom and righteousness **first**, there is not a single reason to doubt God's ability or desire to provide for His people. What kind of general would starve the soldiers fighting his cause? What kind of father would fail to provide for his children? And would you make God to be less concerned for His children than sinful man? He has promised to the contrary.

Consider the example of the children of Israel whom God delivered from the bondage of Egypt. He was asking millions of people to head off into a desert without provisions to sustain them. He expected them to trust His ability to provide for them, which they did not. Instead they murmured and questioned God's ability to provide water or food for them. The book of Hebrews tells us that the failure of the children of Israel in the wilderness was a lack of faith. They entered not into the Promised Land because of unbelief. If you can trust God for your eternal soul you should also be able to trust Him for your daily provision and protection.

Definitions: *For English use the Webster's 1828 Dictionary and copy all appropriate definitions for each word. For the Greek and Hebrew use a Strong's Concordance and copy the definition. The Strong's number is in parenthesis.*

English: Worry -

Care -

Careful -

Anxiety -

Greek: (3309) **merimnao** *mer-im-nah'-o*

Hebrew: (1672) **da'ag** *daw-ag'*

(2729) **charad** *khaw-rad'*

Quotation:

“Care and prayer are as mutually opposed as fire and water.” Bengel

“If we suffer heavy trials; if we lose our friends, health, or property; if we have arduous and responsible duties to perform; if we feel that we have no strength, and are in danger of being crushed by what is laid upon us, we may go and cast all upon the Lord; that is, we may look to him for grace and strength, and feel assured that he will enable us to sustain all that is laid upon us. The relief in the case will be as real, and as full of consolation, as if he took the burden and bore it himself. He will enable us to bear with ease what we supposed we could never have done” Albert Barnes

“The best of Christians are apt to labour under the burden of anxious and excessive care; the apostle calls it, *all your care*, intimating that the cares of Christians are various and of more sorts than one: personal cares, family cares, cares for the present, cares for the future, cares for themselves, for others, and for the church. 2. The cares even of good people are very burdensome, and too often very sinful; when they arise from unbelief and diffidence, when they torture and distract the mind, unfit us for the duties of our place and hinder our delightful service of God, they are very criminal. 3. The best remedy against immoderate care is to *cast our care upon God*, and resign every event to the wise and gracious determination. A firm belief of the rectitude of the divine will and counsels calms the spirit of man. *We ceased, saying, The will of the Lord be done*, Acts 21:14.” M. Henry

“The advantage flowing from humbling ourselves under God's hand I Peter 5:6 is confident reliance on His goodness. Exemption from care goes along with humble submission to God.” JFB

“I Peter 5:6-7 Meaning the *watchful* care of interest and affection. The sixth and seventh verses should be taken together: *Humble yourselves* and *cast all your anxiety*. Pride is at the root of most of our anxiety. To human pride it is humiliating to cast everything upon another and be cared for.” Vincent

“the carefulness the apostle speaks of, is an anxious solicitude for worldly things, an immoderate concern for the things of life, arising from diffidence, or negligence, of the power, providence, and faithfulness of God: saints should not be anxiously, or in a distressing manner concerned for the things of this world, but be content, whether they have less or more; nor be over much pressed with what befalls them, but should cast their care upon the Lord, and carry every case to him, and leave it there:” John Gill

“*Take no thought for your life*; that is, avoid anxious care and distracting thought in the wants and difficulties of life. Observe, It is the duty and interest of Christians to live without care. There is a care of diligence which is our duty, and

consists in a wise forecast and due concern; but there is a care of diffidence and distrust which is our sin and folly, and which only perplexes and distracts the mind. “*Be careful for nothing*, so as by your care to distrust God, and unfit yourselves for his service.” As a sovereign antidote against perplexing care he recommends to us constant prayer” M. Henry

Confessions (Look up and read these articles)

London Baptist Confession of 1689

Chapter 6: of the Fall of Man, of Sin, and of the punishment - paragraphs 1-5

PART II EXPLORATION

Key Questions (*Answer in writing*)

1. What is worry the sin of?
2. How are thoughts of worry used as “fiery darts”?
3. How are you to use the shield of faith to fight the fiery darts of worry?
4. How does the enemy use worry to distract the Christian?
5. What makes it difficult to live in daily dependence upon God?
6. What is a primary cause of worry?
7. What must we do first to claim the promises of God to provide for our physical needs?
8. How are the children of Israel an example and warning against worry and doubting God’s provision?

9. Why does Vincent say that pride is the root of most of our anxiety?

10. Summarize how John Gill describes the carefulness we are not to have.

Key Scriptures: *(Look up these verses and fill in the blanks)*

I Samuel 30:6 The Amalekites had attacked David's men and their families while they were out to war, taking all of their wives, children and possessions. When they returned from battle, David's men were discussing whether or not to stone David. Instead of worrying about what he was facing, instead he _____ himself in the Lord his God.

Psalm 34:4-10 When David _____ the Lord He was faithful to deliver him from all of his _____. Each time that David cried to the Lord for help, he was _____ and _____ from all his troubles. The _____ of the Lord is responsible for protecting and delivering them that fear God. Blessed is the man that _____ in God because there is no _____ to those that fear Him. They that _____ the Lord shall not _____.

Psalm 34:22 _____ who trust in the Lord shall be _____.

Psalm 37:5 First we must commit our _____ unto God and then _____ in Him.

Psalm 46 The Lord is our _____ and _____ in trouble. Though the world be destroyed, God shall not be _____.

Psalm 56:3-4 We should not fear what _____ can do to us.

Psalm 62:8 We are called to trust him at all _____.

Habakkuk 3:17-18 Even when the crops and cattle were gone, Habakkuk purposed to _____ in his God.

Matthew 6:24-34 We _____ serve both God and mammon. Therefore, Christ instructs us not to be concerned about food and clothing. He gives the example of the

_____ of the air which do not make clothes or plant crops and God feeds them. What value is our worry which cannot do anything? Next, He gives the example of the

_____ which don't labor or make clothing and yet how beautiful does God make them look. If God takes care of them will He not take care of _____? He reproves worry as a lack of _____. We are not to serve mammon by focusing upon the temporal and physical but are to _____ the advancement of His kingdom and He promises to provide for our material substance.

Mark 4:35-41 As Christ and His disciples are crossing the sea of Galilee in a ship there came upon them a _____ storm and the ship was now _____ of water. During this storm Christ was found _____. When

the disciples panicked and called to Him for help He calmed the sea and rebuked them because they were _____ and for having no _____.

Luke 10:38-42 Martha was _____ and troubled about _____ things. Christ informed her that only one thing is _____ and that was to focus upon the spiritual and not the physical.

Hebrews 13:6 Christ is our _____ therefore we should never fear what man can do.

I Peter 5:6-7 We must first _____ ourselves before God and then _____ our cares upon Him because He cares for us.

Key Chapter(s) (*Read daily and summarize in your own words the meaning of the chapter*):

Philippians 4

PART III EXPECTATION

Memory verse: Philippians 4:6

Personal Definition: (*Write a definition in your own words*)

Worry –

Personal Application: What is the greatest area of worry in your life?

Meditation question: (*be prepared for discussion*) How does worry improve your circumstances?

Extra Credit: Memorize three verses in the Bible to combat the enemy's fiery darts of worry. List them below.