

Emotions During Times of Crisis – Worry

I. Don't Worry About the Wrong Things

- In the story of Jesus's visit with Mary and Martha (Luke 10:38-42) what was each woman doing?
 - Mary (v. 39) _____
 - Martha (v.40) _____
 - Jesus answered and said to her, "Martha, Martha, you are _____ and _____ about many things.
 - Jesus said Mary had chosen the _____.
- In the parable of the soils what caused the seed among thorns to stop growing? (Mark 4:18-19)

- Philippians 4:6 teaches us to avoid being _____ about the things of life but concentrate on _____ and _____ with _____. We make our _____ known to _____.

II. Don't Worry About the Past or Future

- Paul (previously called Saul) had many things in his past he could have worried about:
 - Acts 7:58 – He held the coats of those who were killing _____.
 - Acts 8:3 – He _____ Christians out of their houses and put them into _____.
 - Galatians 1:13; Ephesians 5:25 - He tried to _____ the church that _____ had given Himself for.
- What did Paul do about the things in his past? (Philippians 3:13-14) _____
- True or False: Paul suffered many things for the cause of Christ (2 Corinthians 11:22-29) and became so worried about the future that he retired and took solitude in a quite place.
- From 2 Corinthians 4:16–18 answer the following:
 - Our physical body is _____ but our spiritual self is being _____.
 - How long will the troubles of life last? But for a _____.
 - As spiritual people we don't look at the things which are _____ but rather the things that are _____.

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III. How Can I Eliminate Needless Worry?

8. We must accept the fact that life is not _____ and can be _____.
9. Jesus said, "Can you make yourself _____ by worrying about it?" (Matthew 6:27)
10. There is a difference between worry and healthy concern. "Therefore, as we have _____, let us do _____ to all, especially to those who are of the household of faith. (Galatians 6:10)
11. From Matthew 6:25-34 list the things Jesus said not to worry about:
(1) _____ (2) _____ (3) _____ (4) _____
12. What should be our first priority? (Matthew 6:33) _____