**Introduction**

**I Believe in God, but…**

I still worry all the time.

“Exams are coming up, and I am so stressed. I know that I shouldn’t be, but this is my future! I need to do well on all of them! I need to keep my GPA up so that I can get a good job. And my parents will ‘kill me’ if I don’t do well. I know the Bible says not to worry, but I can’t help it. This is too big not to worry about! I can’t eat, I can’t sleep, I just gotta’ study!” What might you say to this person to help them to relax? (Bonus points if you can think of a Bible passage or two!)

**Reasons for Worry Matthew 6:19-21**

1. Read Matthew 6:19. How does this tie into our introduction example?

Where does stress or worry come from?

1. v 21 Make a list for yourself of “treasures” that we may be tempted to “store up” for ourselves here on earth.
* In what way can we store up heavenly treasures? (1 Timothy 6:17-19)
1. What about those times that it feels like it wasn’t our fault? (i.e. health problems, money surprises, relationship problems) What is the reason for that?
* Genesis 3:17-19
* 1 Corinthians 10:13

Where does the temptation to worry come from? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Application: Just for yourself: Write down where you worry in your life. Then note where this stress comes from.**

**What does the Bible say about worry?**

Look through the passages below. What do they each say about worry? Note things that are unique about each passage. (Don’t just say, “It says don’t worry.”)

**Matthew 6:25-34**

**Proverbs 3:5-6**

**Philippians 4:6-7**

**Matthew 11:28-30**

**1 Peter 5:6-8**

**Romans 8:38-39**

Why are these passages comforting? Use **Mark 6:45-51** to back up your answer.

**But I still struggle**

React: I know all of that. I know what the Bible says. I know that I am not supposed to worry. But that is just me! I can’t help but think about, stress about everything. I am just a worrier. What do you think? Is that person just born that way?

How do we deal with this? We are all guilty of worrying about the future, probably too much. So, I believe in God, but I have a hard time trusting him. What comfort is there for me?

**John 19:30 1 John 1:7 John 3:16**

**True/False:** Persistent worrying is unforgivable. Because if you constantly worry, you aren’t trusting God.

How can we hope to “kick the habit” of worrying?

**Romans 6:1-4**

**Wrap it up!**

How can a person believe in God, but still worry?