

# Growing in Grace

Worry a Spiritual Killer

Week 11

1 Peter 5:7

**Passages to Read** Luke 10 Phil 4

## Study Questions

1. What is worry? What does it feel like? What does it cause inside? (1 Peter 5:7)
2. What do people worry about? What do you worry about? (1 Peter 5:7)
3. Why should you cast all your care upon Him? (1 Peter 5:7)
4. What does it mean if you don't throw your care over upon God? (1 Peter 5:7)
5. How does worry weigh you down? (Luke 21:34)
6. How does worry affect ones alertness? (Luke 21:34)
7. How does worry affect your receptiveness to God's word? (Luke 8:14)
8. How is "concern/worry" defined in singleness verse a married relationships? (1 Cor. 7:32)
9. Why should you not worry as stated in Matt. 6:25?
10. In Matt. 6:26 He gives another reason for not being anxious, what is it?
11. What can worry do to change things about your life? (Matt. 6:27)
12. In Luke 12:25-26 it states why it's futile to worry?
13. Why do people who know God's character have so much anxiety? Is worry consistent with who God is? (Matt. 6:28-30)
14. What does it indicate about your faith if you worry? (Matt. 6:28-30)
15. Why should you not worry about anything?
16. What should you do instead of worry? (Matt. 6:33)
17. Is worry a choice or an uncontrolled feeling?
18. How does worry rob you of tomorrow? (Matt. 6:33)
19. What is new every morning that will help with handling problems? (Lam. 3:22-23)
20. What is an antidote for worry? (Phil. 4:6)
21. If you are not praying about your problems, then what are you doing with them? If it is other than praying is it biblical? (Phil. 4:6)
22. Do you practically believe that God is greater than your problems? (Phil. 4:6-9)
23. Which one are you: having no problems, ignoring problems, handling problems incorrectly, praying about problems or something else?
24. What does it mean to cast or throw you burdens upon the Lord? (1 Peter 5:7)
25. What is your greatest excuse for not giving up your problems to God?
26. What quality can indicate that one is handling a problem correctly? (Phil. 4:6-7)
27. What is it like to experience the peace of God? (Phil. 4:7)
28. How does the peace of God guard your minds? (Phil. 4:7)
29. What are you to do with this peace guarding your mind? (Phil. 4:7-8)
30. How does Psa. 55:22 encourage us to cast our burdens upon the Lord?
31. When no one seems to care who should you go to for care? (Psa. 142:4-5)

**Key Verse** 1 Peter 5:7

**Prayer Focus** Meditate on the care of God. Confess your worry to the Lord and then cast afresh those burdens of today upon Him.