

Wife HER! Bible Study

March 2019: "Thou Shalt Not Worship Worry"

*"Therefore do not worry about tomorrow, for tomorrow will worry about itself.
Each day has enough trouble of its own."*

Matthew 6: 34 NIV

Our topic for the month of March is "Worship". Often, instead of worshipping God, we worship our fears, anxiety and worry. This impacts our day-to-day lives and our relationships. To win on the battlefield of our minds, we must retrain our minds to focus on the problem-solver and not the problem.

Read Exodus 14: 10-30. Here, we see that the Egyptian's are approaching the Israelites to either kill them or bring them back to Egypt as slaves. The Israelites feared deeply for their lives and cried out to God, but at the same time they bemoaned.

What exactly were the Israelites complaints and fears?

What was Moses' response to the people?

Moses attempted to direct the Israelites away from their fears and unto God. He assured them that they need do nothing but be still as the Lord would fight for them. And He truly did act on their behalf, but not without a subtle rebuke.

What was the Lord's response in verse 15 to 18?

Have you ever felt like the Israelites on this day? Have you ever felt that things were coming at you in all directions? Have you ever felt trapped and helpless? If you have, you are in good company. Many before us have felt this way and many after us will as well. As believers, we are taught to have faith, stand our God and allow the Lord to display His glory before all mankind.

When we focus on our problems and continuously worry about them, stress hormones are released into our bloodstream. If this occurs on a regular basis it can lead to gastrointestinal disorders, headaches and even heart issues. Anxiety and stress are known to impact our health, and this is a fact Jesus knew as well as He literally cautions us in Matthew 6: 25-34 not to worry.

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?”

And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you – you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ for the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

This is Jesus saying this! He knew you would face hardship, troubles, stress and frustrating situations, but He came centuries before to tell you not to worry. I know this principle is easier said than done, but clearly there is value in not mulling over our problems. How do we know? Because Jesus said so long before science came and confirmed what chronic stress and anxiety does to the body and brain.



Have you ever read the story of Hannah in 1 Samuel chapter 1? She was deeply saddened because she was taunted for her inability to conceive. Hannah desperately wanted a child and worried so much that she would not eat. What is special about Hannah is that she responded to her worrisome situation by first and foremost going to God. She went to the temple to pray and prayed so feverishly that the priest, Eli, thought she was drunk and rebuked her. Hannah quickly explained that she was praying and described her situation.

Read 1 Samuel 1: 17-19. How did Eli respond to Hannah's explanation?

Explain the change in Hannah's countenance after hearing Eli's words.

Once Hannah heard Eli's words she left that place and was able to experience joy again. She made love to her husband and the word says that the Lord remembered her and she conceived. Isn't it so worth it to run to God and let Him carry our burdens?

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things."
Philippians 4: 6-8 NIV

I find the scripture above so beautiful because it tells us not to worry, but instead to think on things that are noble, pure and admirable. Essentially, we are told to shift our focus on positive things and let God manage our anxiety and petitions. In 1 Peter 5: 8, we are furthered advised to cast all of our cares upon God because He cares for us. God truly is the best father ever.

Lord,

You know the hearts of your people. You know the number of tears that we cry, the thoughts and fears that trouble our minds, our burdens, our frustrations and our cares. You know us intimately and truly. I pray you give us the strength to set aside every weight that makes us weary. I pray you give us the courage and the boldness to lift our burdens up to you to carry. Lord, I pray that you destroy yokes in the spiritual and natural. I pray you release your people from anxiety, panic attacks, disorders of the mind, depression, mental illness, suicidal thoughts, the pain of heart break and utter grief. May your Holy Spirit flow, dear Father. May you pour new oil upon us and anoint us afresh. May we cast our cares upon you and find rest for our weary souls. May we rest forevermore, in You. Amen.

Homework

This month, our homework is a little different. Mediate on the scriptures we studied today and on 1 Peter 5:10.

"And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you."

Know that God will restore and strengthen you. Trust in Him.

Play "God Restores": <https://www.youtube.com/watch?v=6EVrZVLrHaM>