

# QUESTIONS CHRISTIANS ASK HOW CAN I WIN OVER WORRY?

ISAIAH 40:27-31; MATTHEW 6:24-34; LUKE 10:38-42;  
PHILIPPIANS 4:4-7



## The Heart of the Matter

No one will ever know how much energy the human race has wasted through worry. In our breakneck-paced culture, worry has reached epidemic levels. We are the most anxious among all of God's created beings. We have numerous phobias. Our diseases are often emotionally induced. We can trace many of our battles with common problems, such as insomnia, obesity, alcohol and drug addition, pessimism, and headaches, to deep-seated unrest in our souls. What nervous, tense creatures we are! Surely God did not design our bodies to endure such self-imposed stress. Nor does this intensity represent the way His children should model His message of peace.

Today, we want to think along scriptural guidelines as we rediscover a life characterized by rest instead of rush, calm instead of confusion, peace instead of panic, tranquility instead of turmoil.



## Discovering the Way

### 1. Human Analysis of Worry (Luke 10:38-42)

Many of us can identify with Martha, a conscientious, responsible woman who wanted to prepare the perfect meal for Jesus. But as she rushed around trying to check everything off her to-do list, she perfectly exemplified a worry-filled life. Whether in Scripture or in the lives of those around us, we all have witnessed the faces of worry: anger and impatience, rush and hurry, fear and panic, pessimism and criticism.

Worry does a lot of damage to those who live with it:

- *Spiritually*: It assaults our faith.
- *Physically*: It steals our health.
- *Emotionally*: It destroys our peace.



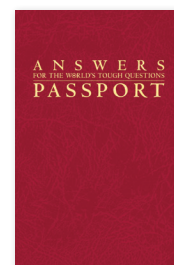
## Tools for Digging Deeper



Questions Christians Ask  
by Charles R. Swindoll  
CD series



How Can I Win  
Over Worry?  
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### 2. Divine Alternatives

When we can see a storm on the horizon, we often search for shelter of our own instead of resting in God's Word. And far too many of us blame our humanness for our misplaced focus. We excuse, analyze, discuss, rationalize, and allow our feelings to control us rather than disciplining ourselves to listen to God.

We often seek out these man-made wells to cool the blistering effects of worry in our lives:

- *Self-Reliance*: “Try harder! You are responsible for your own destiny.”
- *Possessions*: “Accumulate more! What you have determines who you are.”
- *Catharsis*: “Tell more people! If I dump my worries on others, I will feel better.”

But God's Word gives us three divine wells that provide relief from overwhelming worry:

- *A Willingness to Wait* (Isaiah 40:28–31)
- *A Commitment to Christ* (Matthew 6:24–34)
- *A Priority of Prayer* (Philippians 4:4–7)



#### DIGGING DEEPER

##### *A Thirsty Soul*

The world we live in gives us many reasons to worry. While the Lord wants the troubles in life to create a thirst in us for Him, we often seek out water sources of our own only to find out that the water is contaminated.

The first century provided just as many reasons to worry as the twenty-first century. Cultural pressures and religious expectations left many parched, including a Samaritan woman in Sychar (John 4:5).

The Samaritan woman had sought out man-made wells to quench her spiritual and emotional thirst. She had moved from man to man trying to find love and rest (4:16–18). Finally, her actions had pushed her out of the community. As an outsider, she had nowhere to turn. To avoid the glares and accusing eyes of

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others, she went out at an odd time of day to draw water from the well. At least she could find a way to satisfy her physical thirst.

But she had no idea who would be waiting for her at the well to give her access to the eternal spring of life.

Jesus sat down at Jacob's well, exhausted from His journey (John 4:6). As the woman dropped her bucket down the long shaft to the underground spring, Jesus said, "Give Me a drink" (4:7). To break the ice, Jesus reminded the woman first of her physical thirst, then of her spiritual dehydration.

After breaking down the woman's moral and religious barriers, He said: "Whoever drinks of the water that I will give him shall never thirst; but the water that I will give him will become in him a well of water springing up to eternal life" (4:14). The Samaritan woman believed Jesus and from then on drew from His spiritual well.

Often it takes anxiety-producing circumstances to remind us of our need for a divine water source. By dipping in the God-ordained wells of patience, commitment to Christ, and prayer, Christians can find sustenance in the midst of a spiritual drought.



### Starting Your Journey

Through newspapers, TV, Facebook, the Internet, and other information sources, we are bombarded daily with reasons to worry. When anxiety overwhelms us, what can we do practically?

**For a few minutes, allow a specific worry to surface in your mind. Then think of a divine alternative and begin applying it.**

**Worry:**

**Divine Alternative:**