

Berean Christian Church
Dr. Kerwin B. Lee, Senior Pastor

Vacation Bible School

Issues of the Heart

“The Uneasy Heart”

Day 3

I. Biblical Insight about Worry

Listed below is information all believers should know about anxiety.

1. Believers should know that worrying is not for the _____.
Matthew 6:32
“These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs!” (NLT)

2. Believers should know that worrying is _____.
Luke 10:38-41
“As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. 39) Her sister, Mary, sat at the Lord’s feet, listening to what he taught. 40) But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, “Lord, doesn’t it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.” 41) But the Lord said to her, “My dear Martha, you are worried and upset over all these details!” (NLT)

3. Believers should know that worrying is not _____.
John 16:33
“I have told you this, so that you might have peace in your hearts because of me. While you are in the world, you will have to suffer. But cheer up! I have defeated the world” (CEV)

4. Believers should know that worrying is _____.
Matthew 6:31
“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ (NLT)

5. Believers should know that worrying is _____.
Matthew 6:28-30
“And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, ²⁹ yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰ And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?” (NLT)

(OVER)

II. Logical Insight about Worry

Listed below are various areas that most believers experience anxiety.

1. It is not uncommon for people to worry about their _____.
Matthew 6:24
“No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.” (NLT)
2. It is not uncommon for people to worry about their _____.
Matthew 6:25
“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing?” (NLT)
3. It is not uncommon for people to worry about their _____.
Matthew 6:25
“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing?” (NLT)
4. It is not uncommon for people to worry about their _____.
Matthew 6:27
“Which of you by worrying can add one cubit to his stature?” (NKJV)
5. It is not uncommon for people to worry about their _____.
Matthew 6:34
“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” (NLT)

III. Practical Insight about Worry

Listed below are actions believers can take to overcome anxiety.

1. You can overcome worry through _____.
Proverbs 31:21 MSG
“She doesn’t worry about her family when it snows; their winter clothes are all mended and ready to wear.” (MSG)
2. You can overcome worry through _____.
Philippians 4:6a
“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done” (NLT)

