



HOW TO TURN YOUR WORRY into WORSHIP

Pastor Matt McGill | 9/10/2023 | Pacific Coast Church

DECONSTRUCTING WORRY

- Worry = concern without **PEACE**. (Job 3:26; 2 Corinthians 11:28; Luke 10:41)
- Worry issues are **CONTROL** issues. (Matthew 6:34)
- Worry grows by **REPETITIVE** thoughts. (Ecclesiastes 5:3)
- Worry can lead to **WORSHIP**.

But blessed is the one who trusts in the LORD, whose confidence is in him. They will be like a tree planted by the water ... It has no worries in a year of drought and never fails to bear fruit." (Jeremiah 17:7-8)

TURN WORRY INTO WORSHIP

1. Evaluate your **THOUGHTS**.

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. (Psalm 139:23–24)

... 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 4:8)

2. Share your **STRUGGLE**.

Carry each other's burdens, and in this way you will fulfill the law of Christ. (Galatians 6:2)

3. Ask God for **HELP**.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

Blessed is the one ... whose delight is in the law of the LORD, and who meditates on his law day and night. (Psalm 1:1–2)

GROW GROUP DISCUSSION QUESTIONS

A Grow Group is 8-16 people who gather weekly to study God's Word and the previous Sunday's message. There is a time of discussion, support, encouragement, and learning how the message applies to daily life. To learn more or join a group, visit pacificcoastchurch.org/gg/ or sign up at the patio Info Kiosk.

DECONSTRUCTING WORRY

> In the past month, has worry been an issue for you? Give it a rating from 1 to 10 and explain why.

> Read Jeremiah 17:7-8. What does it mean for you personally to put your confidence in God? When is this easy for you to do? When is it difficult?

TURN WORRY INTO WORSHIP

> Read Philippians 4:8. In what way is this list more than "the power of positive thinking?" How does worry keep you from thinking about the good things listed in Philippians 4:8?

> What's the best way to interrupt the negative and/or destructive thoughts that come from worry?

> Sometimes, good intentions aren't enough. What is a terrible way to "help" someone caught up in a storm of worry? If you're brave, share a story!

> Read Philippians 4:6 and Psalm 1:1-2. As you consider your prayer life over the last week, have you done more talking or listening to God? Why? What can you do this week to bring more balance to your prayer life?

DAILY DEVOTIONS

These are provided for your personal spiritual growth. Prayerfully writing out your answers will help you experience real-life transformation as you dig deeper into the spiritual truths of God's Word and last Sunday's message. You can also download this tool at www.pacificcoastchurch.org/sermons.

MONDAY: Read Job 3:26; Luke 10:41

> In the past month, has worry been an issue for you? Give it a rating from 1 to 10 and explain why.

> When legitimate concern crosses the line and becomes too much worry, how does this impact you in the different areas of your life?

TUESDAY: Read Luke 12:22-34

> In what ways is this teaching encouraging? How is it most challenging?

> What does it mean that "where your treasure is, there your heart will be also?" What are some things you treasure?

> On a daily basis, what could it look like for you to seek first the kingdom of God?

WEDNESDAY: Read Philippians 4:8

> In what way is this list more than "the power of positive thinking?" How does worry keep you from thinking about the good things listed in Philippians 4:8?

> What's the best way to interrupt the negative and/or destructive thoughts that come from worry?

THURSDAY: Read Psalm 94:17-19

> Has there been a time when you had great anxiety, and God's help brought you joy? Reflect on that situation and give thanks to God.

> How can you be better prepared the next time you face a situation filled with worry and anxiety? How might you "worry-proof" your life?

FRIDAY: Read Proverbs 12:25

> Do you know anyone who has a heart weighed down by anxiety and worry? How can you help them? Specifically, what are the kind words you could say to them this week?

> Read 1 Peter 5:7-8. Why should we give God our anxiety? What's the connection between anxiousness and a mind that is sober and alert?

SATURDAY: (No assignment! Catch-up day!)

MEDITATION VERSE

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." (Philippians 4:6)