

The Worry War

With God on our side, we can win the battle with our worries.

Time:
5-7 minutes

Focus:
Worry, Trust, Control

Scriptures

Matthew 6:34
Philippians 4:6-7
1 Peter 5:7
Matthew 6:25-34

Parking lot

Write down distracting thoughts here:

Settle in

Take a deep breath. Let that worry you're holding on to float away for a moment. Ask God to calm your mind and remind you of his peace.

Scripture reflection

Read Matthew 6:34 NIV slowly. Then read it again. Let it sink in:

Matthew 6:34 NIV

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

Thought starter

Worry says: "What if...?"

Anxiety says: "You can't handle this."


Fear says: "Something bad is going to happen."


But Jesus says: "I've got this. I'm with you."


Worrying about tomorrow doesn't change tomorrow—it just ruins today. God will give us peace in the midst of our problems by reassuring us that he cares and he's in control.



Here's what we'll learn in this Quick Quiet Time:

 Worry clouds our vision.

 God clears the worries away and plants peace in their place.

 Peace grows when we let go of control and grab hold of God's care.

 **God clears away our worries so we can find peace.**


Philippians 4:6-7 NIV

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.

1 Peter 5:7 NIV

Cast all your anxiety on him because he cares for you.



View on web 

Notes:



Key passage: The birds 🐦 and the flowers 🌸

Before continuing, read this full passage and circle, underline, or highlight any words that stand out to you: [Matthew 6:25-34 \(NIV\)](#).

Matthew 6:26 NIV

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?



Lightbulb moment:

Peace isn't the absence of problems—it's the presence of God in the middle of them.

- Jesus talks about how God takes care of the birds of the air and the lilies of the field, even though they don't worry about their needs.
- This biblical illustration shows how our heavenly Father provides for even the smallest things. He knows what we need before we even ask.
- Worry is a lie that tells us we're alone and in charge, when the truth is God is in control and we're in his care.



Reflect

- What is the main thing I'm worrying about today?
- Do I tend to carry my worries alone, or do I give them to God in prayer?
- How have I seen God provide for me in the past?



Write it down

Now, take a moment to write down one worry or anxiety you want to release today. Then, write down one thing you can be grateful for today. Talk to God about both things you wrote down.



Humor break!

What did one plate say to the other? Don't worry...Dinner is on me!

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