



CALLIT

**Q U I T S**

# Quit Worry

## DAY 1- *Know God*

Worry... Everyone worries about something from time to time. Some call it “being concerned” so it doesn’t sound as bad. However, for some, worry and anxiety are a constant battle. They worry about work, about family, about the price of candy and more.

Worry produces anxiety, a vicious cycle that seems to feed upon worry making the person even more anxious. The more they worry the more worried they become until the worry and anxiety finally consumes the person making them unable to function. Maybe you can relate, either personally or know someone who suffers from worry and anxiety.

And simply telling a person not to worry doesn’t help stop them from worrying. Worrying is a habit and a lifestyle that is not easily stopped. The good news is that the solution for worry is found in our relationship with God.

The Apostle Peter tells us to “Cast all your anxiety on him because he cares for you.” (1 Pe 6:7). First, and most important, God cares for you. God is our “Father in Heaven” (Mt 6:9). And as our Father he wants only what is best for you. God wants you to live a life free of worry and anxiety.

The idea to “cast all your anxiety on him” brings to mind the image of a fisherman casting, or throwing a net. As the fisherman throws his net hard and away from himself he also lets go of the net. God wants you to throw your worries and anxiety as hard as you can away from yourself and on him. But be sure to let it go. Can you imagine the fisherman not letting go of the net? The idea is humorous, but for those that worry it can be the hardest part. But you have to let it go. And when you let go, you have to leave it with God. You must trust in God.

In Psalm 94 the writer describes a dark and perilous time when the wicked and evil doers seem to be winning and even taking pride in their evil. Yet even when his foot is slipping, the writer holds on to God as his unflinching love and support (v 18). He concludes that “When anxiety was great within me, your consolation brought me joy” (v 19). Did you catch that? The Psalmist found joy in God’s consolation even in the worst of times.

One last thing. Worry and anxiety can literally feel like a millstone around one’s neck. In Proverbs, we read “Anxiety weighs down the heart, but a kind word cheers it up.” (Pro 12:25). You can be God’s “consolation” to someone who is suffering from worry and anxiety. You can be that kind word that helps cheer up someone who needs it desperately. And it’s amazing sometimes what a kind word can do for a person.

Everyone worries about something from time to time. But we don’t have to let worry rule our lives. Know that God loves and cares for you and that God wants you to cast your cares and anxieties on him. So throw them hard and throw them far.

## Things To Ponder

Has worry ever caused you anxiety? How did it affect your relationship with others? With God?

Do you find it difficult to let go of worry or anxiety? Why?

How can you engage with other Christians when you’re feeling worry or anxiety? Why is this important?

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## DAY 2- *Humility*

Earlier I described how we need to “Cast all your anxiety on him” (2 Pe 5:7). Most would agree that this is easier said than done. We all have a tendency to hold on to worry. But why?

The need to control one’s environment is a foundational part of what we would call “original sin”. That desire to be in control so that we can determine our own outcomes. Adam and Eve wanted to be like God. They wanted to control their lives without God. We can hold on to worry thinking we can control things and make everything right.

This want to control also points to a fundamental problem of trust. We may hold on to worry because we simply don’t trust God. We may not trust that God can or will resolve the problem the way we want it resolved. We may find ourselves thinking, subconsciously of course, “If only God would do what we think is best”. That’s how Adam and Eve acted out their lack of trust in God.

We also hold on to worry because we know what must be done and choose not to. Why? Usually because what must be done requires a change on our part, and we don’t like to change, we prefer others’ change for us. Again, control over others.

Eventually worry begins to wear us down. We hold onto the false idea, the lie that we can control things, people, situations. But we can’t. So we worry more as anxiety starts to set and the walls of worry seem to press in harder and harder.

Once again God’s solution is simple yet hard to do. We must humble ourselves before God. Peter told his readers, “Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time” (2 Pe 5:6). The idea of being humble before God goes against our sinful nature. We want to be in control. We want to be the master of our life.

But when we finally humble ourselves and acknowledge God’s authority we find relief. God wants to take the burdens of life off of our shoulders so that under his mighty hand we can find joy and peace. King David said, “He guides the humble in what is right and teaches them his way.” (Ps 25:9).

If you’re experiencing a time of worry and anxiety, know that God loves and cares for you. He wants you to take your anxiety to him and trade it for joy and peace as he lifts you up. Know that “the Lord takes delight in his people; he crowns the humble with victory” (Ps 149:4). You can experience victory over worry.

## Things To Ponder

Have you held onto worry because you felt you could control the outcome? How did this affect you spiritually and physically?

Why is the grip of pride so strong and the act of being humble so hard sometimes?

Have you ever had a time when you know what must be done yet refuse to do it? Why and what were the consequences?

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## DAY 3- *Know Your Enemy*

Your enemy the devil prowls around like a roaring lion looking for someone to devour. (2 Pe 5:8).

In any war, it is always best to know your enemy. The more you know their strengths, weaknesses and their mind, the better you can plan. Not just for their attacks against you so you can better defend yourself, but so you can plan your attacks against them.

Jesus fully understood who he was and what his mission was. He was not dependent on cheering crowds or mankind's opinion of who he was. While nearing the earthly end of his ministry, Jesus asked his disciple who they thought he was? Peter, ever the first to speak, boldly proclaimed, "You (Jesus) are the Messiah (the Anointed One), the Son of the living God." (Mt 16:16). Although Peter may not have fully understood the full meaning of what he was saying, he knew who Jesus was, who he claimed to be. Although Jesus knew who he was, it was important for his disciples to acknowledge and believe in who he was as this belief would come under attack soon enough.

The Bible doesn't give a lot of details, but from it we understand that the enemy of God is Satan. We also understand that Satan is not just the enemy of anyone who professes Jesus as their savior, but he is everyone's enemy. Whether Christian or not. For those that believe, Satan seeks to undermine their faith. For those that don't yet believe, Satan wants them to continue in sin. Regardless of your status, believer or not, he is always seeking to kill and destroy.

When speaking of Satan, Peter describes him as "Your enemy the devil prowls around like a roaring lion looking for someone to devour" (2 Pe 5:8). We see 3 things here about Satan. First, he is "your enemy", not just God's. He is the universal adversary of all. Second, the devil (Satan) never rests, but is always on the prowl, looking to see weakness, looking for a place to get a grip on one's life. Third, Satan will try and "devour" whoever he can lay hold too. Satan will try to use Christians and non-Christians as tools against each other.

Do you know your enemy - your real enemy? Satan would have you believe it's a family member, a

neighbor or co-worker, even other Christians. But our true enemy is Satan and the real battle is a spiritual battle. Therefore, as a Christian, we too fight a spiritual war (2 Cor 10:3). And our strength and victory is only through Jesus and the saving power of the cross (1 Cor 15:56).

Do you know your enemies weakness, strengths and mind? Never underestimate Satan. He knows our weakness, strengths and mind, and will use every tool at his disposal to get our focus away from God. Satan will look to use our weaknesses as a tool against us. But interestingly, it can be through our weaknesses where we can have the greatest victories as we allow God to give you strength (Heb 11:34).

## Things To Ponder

Have you ever given much thought to Satan being the enemy of everyone, both Christians and non-believers? What does this tell you about who your real enemy is?

Think of the last time you were tempted. Why is it important to acknowledge Satan as the originator of the temptation?

If our's is a spiritual battle, then how does 1 Cor 10:3-6 show us how to fight?

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## DAY 4- Know Yourself

In the previous lesson, we discussed the importance of knowing our true enemy Satan. We also reviewed that we are fighting a spiritual war which affects how we engage in this war. Now, we'll turn our attention to knowing yourself and why it's important in this spiritual war.

How well do you know yourself? Really? We're not talking about how you view yourself or how you would like to be perceived. We all would like to believe we're stronger or smarter than what we really are. But neither should we be self-deprecating, think of ourselves as weak or stupid. Paul warned believers, "Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment" (Ro 12:3). Peter also stressed the importance of being "alert and of sober mind" (1 Pe 1:13, 4:7, 5:13). Which brings us back to the question: How well do you know yourself?

In both Paul and Peter's examples they speak of using "sober judgment" or being "of sober mind". In the context of these passages, the word sober refers to the mental state of one being clear headed and self controlled. To be clear headed is to not allow external things to influence or affect one's thinking process. To do this one must exercise a great deal of level headed thinking and not be emotionally driven.

In Paul's example he wanted believers in Rome to exercise sober judgment in how they thought of themselves and others "in accordance with the faith God has distributed to each of you" (Ro 12:3). Paul addressed the church in Rome as, "one body with many members, and these members do not all have the same function" (v 4) on the question of gifts and wanted them to use their individual and unique gifts for the benefit of other believers.

In Peter's examples, he addressed the need of being "alert and of sober mind" in regards to three different points. The first concerned Christ's second coming and their need to not conform to the world, but to be holy (1 Pe 1:13-16). Peter warns of the need to not conform to the world and its evil desires, but to live holy lives that are obedient to God. They are to be clear minded and self controlled.

The second mention is similar in talking of the end

times, but emphasizes the need to be alert and of sober mind so the believer can pray and above all, love each other deeply (2 Pe 4:7-8). Prayer requires a clear mind, one that is not distracted by the current, but is fully focused on God and his kingdom. To love each other deeply is to exercise self-control and to not easily be angered. To forgive each other when we're hurt.

The third and final mention is to understand who our enemy is, Satan, and how he attacks believers. We must be alert because Satan is always on the prowl. We must be clear minded and self controlled so that we may fight back by resisting him (2 Pe 5:8-9).

Coming back to the topic of worry, we can see and understand how worry and anxiety are tools the enemy uses against our faith. This is why Peter encouraged believers to "Cast all your anxiety on him because he cares for you." (2 Pe 5:6-7).

## Things To Ponder

What can you do to know yourself better?

In difficult times, to what extent do you find yourself able to be clear minded and self controlled? Why do we react differently to different situations?

How can you develop your alertness and self-control? How will doing this help you grow spiritually?

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### **DAY 5**-*Life Application*

In this devotional and series of lessons, we have explored **worry**. This final lesson is unique in that it is time for me to stop talking (writing) and for you to do some Bible study and journaling. .

This is totally optional, but here is what I would like you to do.

1. Get maybe 2 or 3 of your favorite versions of the Bible.
2. Pray and ask the Holy Spirit to reveal to you something new, something you never really noticed before.
3. Read **Mt 6:19-34** at least twice - slowly.
4. Now read the questions below and write down some thoughts and observations. This is just for you, I'll not ask you to share any of it.

### **Digging Deeper**

**Main Point** - What do you see as the main point or idea the writer wanted to convey?

**Learning** - What was one new thing you learned or was reminded of from this scripture passage?

**Life Application** - How can applying what you have learned help you grow?

**Next Step** - What is the next step you can do to apply what you have learned?

### **References**

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