



Fruit of the Spirit— Discipleship
A Series that will bring Fruit to your Life
~ Troy DeFeo

Bible Study Eleven:

“Why We Shouldn’t Worry”

PEACE:

Do you remember the song, “Don’t worry. Be happy.” These words of a popular 1980’s song are fun to sing, but they really don’t provide whole lot of help to a worrier. Telling an anxious person not to worry is like telling a cold, hungry person to be warmed and filled. Why shouldn’t we worry when we face the daily pressure of providing food and clothing for ourselves and our families?

What are the common reasons why you worry? _____

In Matthew 6:25-34 Jesus does more than simply telling us not to worry. He tells us why we shouldn’t worry.

What, specifically, does Jesus tell us not to worry about?

vs. 25,28,31-32 _____

How can we be confident that the Father will do what He says?

In what ways have you seen God provide for your basic needs?

Have you ever gotten your needs and your wants out of whack? _____

If worry is a waste of time and energy, then why do you think it is such a popular pastime? _____

What do you feel it means to “seek first the kingdom of God”?

So, if we can find peace in God’s presence, it can truly revolutionize our spiritual walk.

The eye of a hurricane is a remarkable place. Fierce, destructive winds spiral around it at terrifying speeds. Torrential rains encircle it, bringing floods and pounding waves. But within the eye itself, everything is calm and peaceful—a quiet refuge in the midst of the storm.



Read Psalms 46
What portrait of God emerges from verse 1?

How does verses 2-3 contrast with verses 4-5?

What aspects of the city of God seem most inviting to you?

The “City of God” vs. 4 refers primarily to Jerusalem, the earthly dwelling place of God at the time this psalm was written. Although Jerusalem had no river like the cities of Thebes, Damascus, Babylon, and Nineveh, God himself was the river, providing them with constant spiritual refreshment even in the midst of a crisis. Later biblical authors pick up this theme and describe the river flowing through the heavenly Jerusalem (Rev.22:1-2) In a personal sense, however, the promises of the psalm are not tied to an earthly or heavenly location but assure us of God’s presence with his people at all times and places. The term “Break of day” vs. 5 describes the time when armies normally attacked a city.

— — — — *Antonia Fortress in Jerusalem*

Verses 7 & 11 describe God as our fortress. What purposes does a fortress serve in wartime?



How assuring is it to know that our fortress is the Lord Almighty?

Explain

In the O.T. battle stories— —fortress’ have their thick walls, often on high mountains, meant to be impenetrable and intimidating to enemies. Yet of the 35 references to a fortress in English bibles, most are metaphoric pictures of God and his acts of salvation. :) He is the source of hope and salvation that no enemy—physical or spiritual—can ever threaten.

The Lord is our warrior: vs 6-10

Romans 8:26,27 1 Corinth. 10:13 2 Corinth. 1:3-11 Ephes.6:10-18