A SHORT BIBLE STUDY

When Worry Will Not Let Go

Short Studies for the Christian Life



Bringing anxiety and fear to the God who cares

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Trinfinity Enterprises

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A Note on the Bible Translation Used in This Book

My preferred Bible for personal study, teaching, and research is the Steadfast Literal Bible (SLB). I chose it because it is a word-for-word translation in today's language, built on the ancient Scripture sources: the Hebrew and Aramaic of the Old Testament and the Greek of the New Testament. I prepared the SLB myself, and the Scripture in this book is taken from it.

Where a literal phrase would mislead an English reader, the SLB gives the writer's meaning in plain words. Words added for sense are set in bold italics so you can see what is in the original and what is not.

The complete Steadfast Literal Bible is free to read, search, download, and print at trinfinityenterprises.com/slb. If you want to check a verse in its full setting or read the translation's preface and principles, that is the place to go.

Above all, my desire is not to promote one translation over another, but to faithfully teach the Word of God, encourage careful examination of the Scriptures, and help readers grow in their knowledge, understanding, and relationship with the Lord.

May every page of this book direct attention not to the translation itself, but to the truth of God's Word and the One whom it reveals.

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Introduction

> *having cast all your anxiety on Him, because He cares about you.*
>
> 1 Peter 5:7 (SLB)

Some worry comes and goes. A bill is due, a test result is late, a child is driving home in the snow, and then it passes. Other worry moves in and stays. It wakes you at three in the morning. It sits in your chest all day. It runs the same questions through your mind over and over, and no answer ever settles them. That is the kind of worry this book is about, the kind that will not let go.

My working life has been about spotting risks before they turn into failures. That habit is useful at work, but it can turn into constant worry at home. For years I tried to manage stress on my own, and it only made things worse. God had to teach me to hand my worries to Him. I wrote this book for anyone whose mind will not shut off.

If that is you, I want you to know two things up front. First, you are not alone, and you are not a second-class Christian. Some of the strongest believers in the Bible wrestled with fear and heaviness. David wrote psalms from caves. Elijah asked God to take his life. Paul said he was “weighed down excessively, beyond our power, so that we despaired even of living” (2 Corinthians 1:8). Jesus Himself said in the garden, “My soul is very sorrowful, even to death” (Matthew 26:38). Struggling does not mean your faith has failed.

Second, God has a lot to say to worried people, and almost none of it is a scolding. Over and over He says,

“Do not fear,” and then He tells us why. He doesn’t just tell us to stop worrying. He gives us Himself.

How This Book Works

We will start with what worry is and what Jesus said about it. Then we will look at what to do with it: how to cast it on God, what to think about instead, and how to get through the long nights. One chapter is about getting help, because sometimes anxiety is more than a spiritual problem, and seeking help is not a lack of faith. We will finish with the peace Jesus promised and the hope that waits for us.

Each chapter ends with questions you can answer on your own or talk through with a small group. At the back is a list of verses to keep close for anxious moments.

If You Are in Crisis

If your fear has turned into thoughts of ending your life, please stop reading and reach out now. In the United States you can call or text 988 to reach the Suicide and Crisis Lifeline at any hour, or call 911. Tell someone you trust. God is not finished with you, and there are people ready to help you right now.

Chapter 1: What Jesus Said About Worry

> *Therefore do not be anxious about tomorrow, for tomorrow will be anxious about its own things. Sufficient for the day **is** its trouble.*
>
> Matthew 6:34 (SLB)

The longest thing Jesus ever said about worry comes in the Sermon on the Mount. He had just told His listeners that they could not serve God and wealth. Then He turned to the people who weren't chasing riches at all, just trying to get by.

> *Because of this I say to you, do not be anxious for your life, what you will eat and what you will drink, nor for your body, what you will put on. Is not the life more than the food, and the body **more** than the clothing? Look at the birds of the sky, that they do not sow, nor do they reap, nor do they gather into barns, and your heavenly Father feeds them. Are you not much more valuable than they? And which of you, being anxious, is able to add approximately 1.5 feet (one cubit) to his lifespan? And why are you anxious about clothing? Observe the lilies of the field, how they grow: they do not labor, nor do they spin; but I say to you that not even Solomon in all his glory was clothed like one of these. But if God so clothes the grass of the field, which is **here** today and tomorrow is thrown into an oven, **will He** not much more **clothe** you, you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or, 'What shall we drink?' or, 'What shall we wear?' For the nations seek after all these things; for your heavenly Father knows that you need all these things. But seek first the*

> *kingdom of God and His righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious about its own things. Sufficient for the day* ***is*** *its trouble.* (Matthew 6:25-34)

Look at the Birds

Jesus points us to two ordinary things: birds and flowers. The birds don't plant or harvest, and God feeds them. The lilies don't work or spin thread, and God dresses them better than King Solomon. Then He asks, "Are you not much more valuable than they?"

The argument is simple. If God takes care of birds that are here today and flowers that are gone tomorrow, He will take care of His own children. Worry forgets who my Father is. It acts as if I'm an orphan who has to hold my whole life together by myself.

Jesus also asks a practical question. Which of you, by being anxious, can add even a little to your lifespan? Worry doesn't add anything. It doesn't pay the bill, heal the illness, or bring the child home. It only takes. It takes sleep, peace, joy, and strength I need for today.

Before I got sober in May 2020, I spent a lot of energy keeping plates spinning at work and at home. All that worry never solved a single problem. Jesus asks whether worrying can add a single hour to our lives (Matthew 6:27). Worry takes our peace today without changing tomorrow.

Worry and Concern Are Not the Same

Does this mean I should never think about tomorrow? No. In Chapter 4 of my book *Money, Giving and Enough*, we saw that the Bible praises the ant for preparing in

summer. Jesus is not against planning. Paul said he felt “the pressure on me daily, the care for all the churches” (2 Corinthians 11:28). Caring about people and things that matter is part of love.

The difference is what I do with it. Concern looks at a problem, does what it can, and gives the rest to God. Worry grabs the problem and won’t let go. It lives in tomorrow, rehearses every bad outcome, and acts as if everything depends on me.

Seek First

Jesus doesn’t just tell us to stop. He gives us something to put in worry’s place.

“But seek first the kingdom of God and His righteousness.” When my mind is full of what I’ll eat, wear, or pay, it has room for little else. Jesus says to fill that space with something better: God’s rule in my life, and living the way He wants. Then “all these things will be added to you.” That is not a promise of luxury. It is a promise that my Father knows what I need and will provide it.

One Day at a Time

The last verse is one of the most practical things Jesus ever said. “Therefore do not be anxious about tomorrow, for tomorrow will be anxious about its own things. Sufficient for the day is its trouble.” Most of my worry is about tomorrow, or next month, or ten years from now. But God gives grace for today. When tomorrow comes, He will give grace for tomorrow. Israel gathered manna one day at a time (Exodus 16:4). If they tried to store it up, it rotted. God’s help comes the same way.

Study Questions

1. Read Matthew 6:25-34. What two things in nature does Jesus point to, and what is His point?
2. What does worry add to your life? What does it take away?
3. How would you explain the difference between worry and concern?
4. What does it mean in your daily life to “seek first the kingdom of God”?
5. What are you worried about for tomorrow that you could give to God today?

Chapter 2: Casting It on Him

> *Cast your burden on the LORD, and He will sustain you; He will never permit the righteous to be shaken.*
>
> Psalm 55:22 (SLB)

Telling a worried person “Don’t worry” rarely helps. It’s like telling someone who is drowning, “Don’t sink.” What they need is something to hold onto. The Bible gives us that. It tells us where to put our worries.

Cast It, Because He Cares

> *Therefore be humbled under the mighty hand of God, so that He may exalt you in **due** time, having cast all your anxiety on Him, because He cares about you.* (1 Peter 5:6-7)

To cast something is to throw it. The same word is used when the disciples cast their garments on the colt Jesus rode into Jerusalem (Luke 19:35). It means taking something heavy off your own shoulders and putting it on Someone else. Peter says to cast “all your anxiety,” not just the big things or the spiritual things.

And he gives the reason: “because He cares about you.” That is the whole foundation. I don’t throw my worries at a God who is too busy, too far away, or annoyed with me. I give them to a Father who cares.

Notice that verse 6 comes first. Humble yourselves. Casting my anxiety on God is an act of humility. It means admitting I can’t carry it and I’m not in control. Worry, in a strange way, can be a kind of pride. It says, “If I just think about this hard enough, I can fix it.” Humility says, “Lord, I can’t. You can.”

Pray About Everything

Paul gives us a similar picture in his letter to the Philippians.

> *Be anxious about nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.*
> (Philippians 4:6-7)

Paul wrote this from a prison cell, not knowing if he would live or die. He wasn't writing from a comfortable chair. And he says, "Be anxious about nothing, but in everything by prayer." Not "pray about the big things and handle the small ones yourself." Everything. The bill, the diagnosis, the argument, the child who won't call back.

Look at the four words he uses. **Prayer** is talking with God. **Supplication** is asking Him for specific help. **Thanksgiving** remembers what He has already done. And **requests** are the actual things I need. Paul wants me to be specific. God already knows, but telling Him puts my burden in His hands instead of leaving it in mine.

The thanksgiving matters. When I am anxious, my mind fixes on what could go wrong. Thanking God turns my mind to what He has done right. He has been faithful before. He will be faithful again.

What God Promises

Paul does not promise that every problem will disappear. He promises something better: "the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus." The word "guard" is a

military word. It pictures soldiers standing watch around a city. God's peace stands guard over my heart and mind. It may not make sense. The situation may not have changed. But His peace can hold me anyway.

Doing It Again

Sometimes I cast my worry on God and then pick it right back up. That's all right. Do it again. And again. Some days you may have to give the same worry to God fifty times. He doesn't get tired of it. Every time you bring it to Him, you are trusting Him a little more.

Here is a simple practice. When a worry comes, say it out loud or write it down, then pray something like this: "Father, this is what I'm afraid of. I can't fix it. I give it to You, because You care about me. Show me the one thing I need to do today, and help me leave the rest with You."

Study Questions

1. Read 1 Peter 5:6-7. Why does humbling ourselves come before casting our anxiety?
2. What reason does Peter give for casting our anxiety on God?
3. In Philippians 4:6, what four kinds of prayer does Paul mention? Why does thanksgiving matter?
4. What does it mean that God's peace will "guard" your heart and thoughts?
5. What worry do you need to cast on God today? Will you do it now?

Chapter 3: What to Think About

> *The steadfast mind You will keep **in** peace,*
> *peace, for **it is** trusting in You.*
>
> Isaiah 26:3 (SLB)

Worry is a habit of the mind. It runs the same path over and over until the path is worn deep. If I want to change that, I can't just stop thinking. I need to give my mind a new path to walk.

Whatever Is True

Right after Paul tells the Philippians to pray about everything, he tells them what to think about.

> *Finally, brothers, whatever things are true, whatever **things are** honorable, whatever **things are** righteous, whatever **things are** pure, whatever **things are** lovely, whatever **things are** of good report, if **there is** any excellence and if any praise, ponder these things. The things which you also learned and received and heard and saw in me, practice these things; and the God of peace will be with you.* (Philippians 4:8-9)

The first word is "true." Much of what I worry about isn't true. It hasn't happened. It may never happen. Worry takes a possibility and treats it like a fact. It says, "What if the test comes back bad?" and then lives as if it already has. Paul tells me to think about what is true. What do I actually know right now? What has God actually said?

That is a good question to ask in an anxious moment. Is this thought true? Is it something that has happened, or

something I'm afraid will happen? And what does God say about it?

Taking Thoughts Captive

Paul wrote to the Corinthians about a spiritual battle that is fought in the mind.

> *for the weapons of our warfare **are** not fleshly, but powerful to God for **the** demolition of strongholds, demolishing reasonings and every high thing lifting itself up against the knowledge of God, and taking every thought captive into the obedience of Christ*
> (2 Corinthians 10:4-5)

In context, Paul is talking about false arguments against God. But the principle applies to every thought that sets itself up against what God has said. When the thought comes that God has forgotten me, I can take it captive and answer it with the truth. "I will certainly not leave you, nor will I ever forsake you" (Hebrews 13:5). When the thought comes that this will never end, I can answer, "in the evening weeping lodges, and at the morning, a shout of joy" (Psalm 30:5).

That takes practice. It also takes knowing what God has said. This is one of the best reasons to read the Bible every day and to memorize key verses. You can't answer a lie with a truth you don't know. There is a list of verses at the back of this book to help you start.

A Mind Stayed on God

Look again at the verse at the top of this chapter. Isaiah says God keeps the steadfast mind in "peace, peace." The Hebrew repeats the word for emphasis. Many translations render it "perfect peace." And the reason is given: "for it is trusting in You." A steadfast mind leans

on God the way you would lean on a wall. It rests its weight there.

I can't always control what thoughts come into my head. But I can choose where I lean. I can turn my attention back to God again and again: who He is, what He has done, and what He has promised.

Practical Ways to Turn Your Mind

Here are some simple things that help.

- **Read a psalm out loud.** Many psalms were written by people in fear. Psalms 23, 27, 46, 91, 121, and 139 are good places to start.
- **Write it down.** Put the worry on paper, then write next to it what is true and what God says.
- **Sing.** Paul and Silas sang hymns in prison at midnight (Acts 16:25). Worship turns your eyes up.
- **Thank God for three specific things.** Do it every night before sleep.
- **Limit what feeds your fear.** If the news or social media leaves you anxious, turn it off for a while. You don't have to carry the whole world.

Study Questions

1. Read Philippians 4:8-9. Which of the things Paul lists do you find hardest to think about when you are anxious?
2. What is the difference between a fear and a fact? Give an example from your own life.
3. What does it mean to take a thought captive (2 Corinthians 10:5)?
4. Isaiah 26:3 promises peace to a "steadfast mind." What helps you lean on Him?

5. Choose one of the practical ideas above and try it this week. Which will you choose?

Chapter 4: When Fear Comes at Night

> *In peace I will both lie down and sleep, for You, LORD, alone make me dwell in safety.*
>
> Psalm 4:8 (SLB)

Fear often gets loudest at night. During the day there are things to do. At night, in the dark, with nothing to distract us, every worry gets bigger. Many people with anxiety know what it's like to lie awake for hours with their heart pounding.

David Was Afraid

David was a warrior and a king. He killed a giant as a young man. And he was afraid many times. Psalm 56 has a heading that says David wrote it when the Philistines seized him in Gath (see 1 Samuel 21:10-15).

> ***In the*** *day I fear, I will trust in You. In God I will praise His word; in God I have trusted; I will not fear. What will flesh do to me?* (Psalm 56:3-4)

David doesn't say he is never afraid. He says, "In the day I fear, I will trust in You." Fear came. Trust answered it. That is how faith often works. It is not the absence of fear. It is choosing to trust God while you are afraid.

Do Not Fear, For I Am With You

Isaiah 41 has one of God's greatest answers to fear. He spoke it to Israel, but it shows His heart toward all His people.

> *do not be afraid, for I* ***am*** *with you; do not look about, for I* ***am*** *your God. I have strengthened you;*

> *indeed, I have helped you; indeed, I have upheld you with the right hand of My righteousness.* (Isaiah 41:10)

God gives a command, “do not be afraid,” and then five reasons. I am with you. I am your God. I have strengthened you, helped you, and upheld you. He doesn’t say there is nothing to be afraid of. He says, “I am with you.” His presence is the answer to my fear.

Sometimes You Need Sleep and a Meal

Elijah had just seen God send fire from heaven on Mount Carmel. Then Queen Jezebel threatened his life, and he ran. He went a day’s journey into the wilderness, sat under a broom tree, and asked God to let him die (1 Kings 19:1-4).

What God did next surprised me the first time I read it. He didn’t lecture Elijah. He let him sleep.

> *And he lay down and slept under a certain broom tree; and look, here **was** an angel touching him, and he said to him, “Arise, eat.” And he looked, and look, at his head **was** a cake **baked on** hot coals and a jug of water; and he ate and drank, and he lay down again. And the angel of the LORD came back a second time and touched him and said, “Arise, eat, for the journey **is too** great for you.” And he arose and ate and drank, and he went in the strength of that food forty days and forty nights to the mountain of God, Horeb.* (1 Kings 19:5-8)

An angel woke him up, gave him bread and water, and let him sleep again. Then he fed him a second time, “for the journey is too great for you.” Only after Elijah had rested and eaten did God speak to him about his fears.

There is wisdom in that. Our bodies and our minds are connected. When I am exhausted, hungry, or sick, everything looks darker. Sometimes the most spiritual thing you can do is go to bed, eat a good meal, take a walk, or drink some water. God made us bodies and souls, and He cares for both.

Talking to Your Own Soul

Psalm 42 shows us someone talking back to his own fear.

> *Why are you bowed down, my soul, and **why** are you in turmoil within me? Wait for God, for I will yet give thanks to Him, the salvation of His face.*
> (Psalm 42:5)

The writer doesn't just listen to his soul. He talks to it. "Why are you bowed down, my soul?" Then he tells it what to do: "Wait for God." Many of us listen to our fears all night long. The psalmist teaches us to answer them. Remind your soul who God is. Remind it what He has done. Tell it, "I will yet give thanks to Him."

A Prayer for the Night

Lord, it's dark, and my mind won't be still. You never sleep, so I can. You are with me in this room. I give You the things I can't fix tonight. Guard my heart and my thoughts, and give me rest. In Jesus' name, amen.

Study Questions

1. Read Psalm 56:3-4. What does David do when he is afraid?
2. What five reasons does God give in Isaiah 41:10 not to fear?
3. How did God care for Elijah before He spoke to him (1 Kings 19:5-8)? What does that teach you?

4. In Psalm 42:5, the writer talks to his own soul. What would you say to yours?
5. What helps you most when worry keeps you awake at night?

Chapter 5: Getting Help Is Not a Lack of Faith

> *Bear one another's burdens, and thus fulfill the law of Christ.*
>
> Galatians 6:2 (SLB)

I have heard believers say that anxiety is always a sin, and that a Christian who takes medicine or sees a counselor for it doesn't trust God. I don't believe the Bible teaches that, and I've seen that kind of talk do real harm to people who were already hurting.

For years people came to me for answers, at work and in Bible study. Because I looked like I had it together, I was ashamed to admit I needed help. That pride kept me trapped until my wife stepped in on May 29, 2020, and took me to my first 12-step meeting. Accepting help was not a failure of faith. It was the step that saved my life and my marriage.

We Are Made to Carry Burdens Together

God never meant for His people to struggle alone. Paul told the Galatians, "Bear one another's burdens." Solomon wrote that two are better than one, because if one falls, the other can lift him up (Ecclesiastes 4:9-10). James told the sick to call for the elders of the church to pray (James 5:14).

If worry has a grip on you, tell someone. Tell your spouse, a trusted friend, your pastor, or an older believer. Ask them to pray with you and check on you. Hiding it usually makes it worse.

> *Plans go wrong when **there is** no counsel, and in a multitude of counselors it is established.*
> (Proverbs 15:22)

Doctors and Medicine Are Not the Enemy

The Bible does not treat medicine as a lack of faith. Luke, who wrote a Gospel and the book of Acts, was a doctor. Paul calls him "the beloved physician" (Colossians 4:14). Paul told Timothy to drink a little wine for his stomach and his frequent illnesses (1 Timothy 5:23). Jesus said, "Those who are healthy have no need of a physician, but those who are sick" (Matthew 9:12). He was making a point about sinners, but the picture assumes it's normal for the sick to see a doctor.

Some anxiety has physical causes. Thyroid problems, heart problems, side effects of other medicine, lack of sleep, and chemical imbalances in the brain can all cause or worsen anxiety. Panic attacks can feel like a heart attack. If you have chest pain or trouble breathing, get checked by a doctor right away. Don't assume it's only nerves.

If a doctor recommends medicine for anxiety or depression, taking it is no more a lack of faith than taking insulin for diabetes or wearing glasses to see. God can heal directly, and sometimes He does. He also works through doctors, medicine, and rest. Pray for healing, and use the help He provides.

Counseling

A good counselor can help you understand your fears and learn new ways to handle them. If you can, look for a counselor who shares your faith and respects the Bible. Your pastor may be able to recommend someone.

Talking to a counselor is not a replacement for prayer or for God's Word. It can be one of the ways God answers your prayers.

When It Is More Than Worry

Some signs that your anxiety needs more than you can handle alone:

- It keeps you from working, sleeping, or caring for your family for weeks at a time.
- You have panic attacks.
- You avoid places or people because of fear.
- You are using alcohol, drugs, or anything else to numb it.
- You have thoughts of harming yourself or of not wanting to live.

If any of these are true, please reach out for help this week. If you are thinking about harming yourself, call or text 988 now, or call 911. That is not giving up. It is taking the next faithful step.

Faith and Help Together

Nehemiah prayed to God and set a guard day and night (Nehemiah 4:9). He didn't choose between prayer and action. He did both. In the same way, I can pray, read God's Word, cast my worries on Him, and also see a doctor, talk to a counselor, and lean on my church. God is Lord over all of it.

Study Questions

1. Have you ever felt ashamed to ask for help with worry or fear? Why?
2. Read Galatians 6:2 and Ecclesiastes 4:9-10. Who could help you carry your burden?

3. How do the examples of Luke and Timothy help us think about medicine?
4. Which of the warning signs above, if any, do you see in your own life?
5. How did Nehemiah combine prayer and action (Nehemiah 4:9)? How could you do the same?

Chapter 6: Peace That the World Cannot Give

> *Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Let your heart not be troubled, nor let it be afraid.*
>
> John 14:27 (SLB)

The night before Jesus was crucified, His disciples were troubled. He had told them He was leaving. One of them would betray Him. Peter would deny Him. Their whole world was about to fall apart. And Jesus spent that night comforting them.

Romans 8:38-39 says nothing present or to come can separate us from God's love. Most of my worries are about what might happen next. After 38 years with my wife, two daughters and now granddaughters, I know I cannot protect the people I love from everything. Nothing in the future can separate us from the love of God in Christ.

Let Not Your Heart Be Troubled

> *Let your heart not be troubled; you believe in God, believe also in Me. In the house of My Father are many dwelling places; but if not, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I am coming again and will receive you to Myself, so that where I am, you also may be.* (John 14:1-3)

Jesus told them not to let their hearts be troubled. Then He gave them a reason, and the reason was the future. He was going to prepare a place for them, and He would come again and take them to be with Him.

That promise is still ours. One day Jesus will come for His church. Paul describes it in 1 Thessalonians 4:13-18. The dead in Christ will rise first, and then those of us who are alive will be caught up together with them to meet the Lord in the air, "and so we will always be with *the* Lord." I believe that event, often called the rapture, comes before the time of tribulation the prophets describe, because God has not appointed us to wrath (1 Thessalonians 5:9). Paul ends that passage with an instruction: "encourage one another with these words" (1 Thessalonians 4:18). Our future hope is meant to calm our present fears.

Peace in Trouble

Later that same night Jesus said something else.

> *These things I have spoken to you so that in Me you may have peace. In the world you will have tribulation; but take courage, I have overcome the world.* (John 16:33)

Jesus did not promise a life without trouble. He said plainly, "In the world you will have tribulation." But He also said, "take courage; I have overcome the world." Peace does not come from trouble going away. It comes from being in Him. The world gives peace when things go well. Jesus gives peace in the middle of the storm, because He has already won.

Nothing Can Separate Us

Paul ends Romans 8 with a list of everything that might seem able to cut us off from God.

> *For I have been persuaded that neither death nor life, nor angels nor rulers, nor powers, nor things present nor things to come, nor height nor depth,*

> *nor any other created thing, will be able to separate us from the love of God which **is** in Christ Jesus our Lord.* (Romans 8:38-39)

Look at that list. Death and life. Angels and rulers. Things present and things to come. That last one is worry's favorite place. "Things to come" is exactly what I lie awake fearing. And Paul says none of it, not one thing, can separate me from the love of God in Christ Jesus.

Whatever you are afraid of, it is on that list or under it. It cannot take God's love from you.

Where Peace Begins

All of this peace belongs to those who belong to Christ. If you have never trusted Him, the deepest fear in your heart may be the right one. We all have sinned, and we will all stand before God. But Jesus died for our sins and rose again so that we can be forgiven and have peace with God (Romans 5:1). Turn to Him and trust Him. My free book *The Road Home* explains how.

If you already belong to Him, His peace is yours today. You may still feel the fear. Bring it to Him again. He will not turn you away.

Study Questions

1. In John 14:1-3, what reason does Jesus give His disciples not to be troubled?
2. How does the promise of Christ's return for His church comfort you (1 Thessalonians 4:13-18)?
3. Jesus said, "In the world you will have tribulation" (John 16:33). Why is that honest promise helpful?

4. Read Romans 8:38-39. Which item on Paul's list speaks most to your fears?
5. What is the difference between the peace the world gives and the peace Jesus gives?

A Closing Word

> *In the multitude of my anxious thoughts within me, Your consolations delight my soul.*
>
> Psalm 94:19 (SLB)

If worry has had a grip on you for a long time, it may not let go all at once. That's all right. Take the next step. Cast today's worry on Him. Think about what is true. Get some sleep and eat a meal. Tell someone. Ask for help if you need it. And rest in the peace Jesus promised.

God is patient with fearful people. Over and over in the Bible He says, "Do not fear," and every time He says it, He gives a reason. The reason is almost always Himself. I am with you. I am your God. I will help you. He is still saying it.

Building a guitar and running a project both teach that lasting results come from steady daily work, not one burst of effort. Fighting worry is the same. Trusting God is a daily practice of handing the same worries back to Him. Peace grows as we practice trusting Him one day at a time.

Verses for Anxious Moments

Copy a few of these on a card and keep them in your pocket, by your bed, or on your phone. Read them out loud when worry comes.

My wife and I have been together 38 years and married 36. She did not let me keep hiding. She confronted me with the truth and took me to get help. Having someone in your corner who points you to the truth makes all the difference when fear takes over.

- **When I am afraid:** Psalm 56:3-4; Isaiah 41:10; Joshua 1:9
- **When I can’t sleep:** Psalm 4:8; Psalm 3:5; Psalm 121:3-4
- **When I feel alone:** Hebrews 13:5; Psalm 139:7-10; Matthew 28:20
- **When I worry about tomorrow:** Matthew 6:33-34; Lamentations 3:22-23; James 4:13-15
- **When I need to pray:** Philippians 4:6-7; 1 Peter 5:6-7; Psalm 55:22
- **When my thoughts run wild:** Philippians 4:8; Isaiah 26:3; 2 Corinthians 10:5
- **When I feel weak:** 2 Corinthians 12:9; Isaiah 40:29-31; Psalm 46:1
- **When I need hope:** John 14:1-3; Romans 8:38-39; John 16:33

About This Book

When Worry Will Not Let Go is a short Bible study for anyone who lives with worry, anxiety, or fear.

It begins with what Jesus said about worry in the Sermon on the Mount, and then shows how to cast our anxiety on God, what to think about instead, and how to get through the long nights, with help from David, Elijah, and the psalms. One chapter explains why getting help from a doctor, a counselor, or your church is not a lack of faith. The last chapter looks at the peace Jesus promised and the hope of His return.

Each chapter quotes the key Bible passages in full and ends with study questions for personal reading or a small group. A list of verses for anxious moments is at the back.

All Scripture quotations come from the Steadfast Literal Bible, which is free to read at trinfinityenterprises.com/slb.