



OVERCOME WORRY

Worry is when we focus on potential negative outcomes of things that are completely out of our control. It can lead to physiologically stresses on the body, which can lead to illnesses if left unchecked. Worry can paralyze us by causing us to dwell on situations and circumstances that are unrealistic. It can also keep us from fulfilling God's best for us. The Bible addresses the topic of worry and how it can rob us of our peace.

In the video, *Overcome Worry*, Kelly Morris, a faith-based counselor, addresses the issue of worry that many people struggle with throughout life. She provides solutions and sound biblical truths to overcome and be free from your worries.

First: Watch the *Overcome Worry* video featuring Kelly Morris, Licensed Psychotherapist.

****Please note:** We use the first person throughout our study guides. We do this with the hope that it will enable you to overcome your personal struggle (in this case with worry) and to grow in your personal relationship with God.*

Dive Deeper

According to Kelly Morris, everyone has worries that range from minor uncertainties like whether the garage door is closed or getting to work on time. However, it is the debilitating worries that are most concerning—the worries that weigh someone down.

What are some examples of everyday minor worries in your life?

What are some examples of unrealistic worries that weigh on you frequently?

Additional Thoughts:

The world is inundated with a large variety of media sources that constantly portray the worst news possible. How do you feel after watching reports focused on politics and world events?

Additional Thoughts:

Kelly states worry that is weighty is often based on things outside of your control. How can worry become a sense of powerlessness and helplessness in your life?

What do you do with the stress brought on by such anguish?

Ways to Overcome Anger

1. Take every thought captive.

Paul writes in Second Corinthians, *“We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ”* (2 Cor 10:5 ESV).

What worries do you struggle with that oppose the knowledge of God (the truth of God’s Word)?

What does it look like to take your thoughts and feelings of worry captive to obey Christ?

What other verses can you find in the Bible that address worry?

Additional Thoughts:

2. Thoughts and feelings aren't always based on facts.

While thoughts and feelings are often not based on facts, they can act as good guides to help determine what is or is not working in your life, what is safe or unsafe, or, even, what can or cannot be changed in your life.

What are the things that are out of your control in your life?

What are the things that you do have control over in your life?

What thoughts and feelings do you worry about that, with a shift in perspective, could bring about actions with better outcomes?

How do you want to re-frame your perspective about worry to lessen its power in your life?

3. Be curious and ask God where your negative thoughts or feelings are coming from.

What are some thoughts and feelings you can identify in relation to your present-day worries?

How can you best take action to address the issue?

4. Give it to God when you identify worrisome thoughts and feelings.

Read Genesis 3:1-9. Kelly makes the distinction of asking Adam where he is emotional and mentally, as opposed to physically.

When God asks you where you are in your mind, in your heart, or in your actions, what is your honest answer?

Take some time now in prayer by asking God to take your burdens from you. Write your prayer here (*optional*).

Additional Thoughts:

How does casting your cares onto God change your thoughts and feelings about your worries?

Additional Thoughts:

5. Have an action plan.

Act on the things that God desires for you as He guides you in order to help redirect your focus and your feelings.

What has God called you to do in your life?

What are the gifts in your life?

“God gave us a spirit not of fear but of power and love and self-control” (2 Tim 1:7 ESV). Depending on what translation of the Bible you are using, *self-control* can read *sound mind*. Kelly makes the point that a sound mind equates to a disciplined mind.

Going forward, how will you redirect your focus and feelings to align with what Second Timothy says?



Recap

The Bible is full of truths about overcoming worry. It also emphasizes that God walks alongside you when you are weighed down.

Kelly stated the following ways to overcome worry:

1. Take every thought captive.
2. Thoughts and feelings aren't always based on facts.
3. Be curious and ask God where your negative thoughts or feelings are coming from.
4. Give it to God when you identify worrisome thoughts and feelings.
5. Make an action plan to move forward with the gifts and calling you feel God has placed in you.

Additional Thoughts:

Live It Out

- Shut down the media you're listening to and focus on actions you do have control over.
- Sleep, exercise, have connection with others, find support, and go to church.
- Share with God your concerns and ask Him "Where am I in my thoughts and feelings?"
- Ask God to reveal your giftings and how to use them.

Salvation through Jesus

If you don't know Jesus as your Lord and Savior, we encourage you to visit www.anchorpointmedia.org/the-truth. There you will discover the truth of who Jesus is and how you can have a relationship with Him.

About Kelly Morris

Kelly Morris is a Licensed Psychotherapist for the State of Arizona who provides faith-based counseling for people struggling with a variety of life's difficulties. She has a heart for those who are at a loss and need to find their footing in life.

About Anchor Point Media

We create Christ-centered videos and material to encourage people to seek the Truth of who Christ is and to grow deeper in their relationships with God.

We partner with Bible scholars and Bible-teaching pastors & leaders who teach biblically-sound doctrine. The teachers we work with have hearts to reach the lost, to bring hope to the hopeless, and to strengthen relationships with our LORD & Savior.

With God's help, we are actively transforming lives with the Love, Truth, and Hope of Jesus.

Discover more videos from the Overcome series, as well as other series, at www.anchorpointmedia.org.