

## Seeking God instead of Worrying

### Discussion Questions:

1. What was a decision that made you worry?
2. Do you think worrying helped or hindered your decision?

### Introduction:

Calvin and Pastor Enoch shared three common mistakes people make in discerning God's will and direction. They spoke how worry was not just a personality quirk or characteristic but something more serious. Today we will discuss God will for us not to worry about the future but to seek

#### 1. **God never intended us to worry about the future and what it may be for us.**

Worry is the feeling created by having doubt in God. We forget God's promise that all things that have and will happen are for the good of all who love Him and all according to His will.

"Worry and anxiety are not merely bad habits or idiosyncrasies. They are sinful fruits that blossom from the root of unbelief. Jesus doesn't treat obsession with the future as a personal quirk, but as evidence of little faith. Worry and anxiety reflect our hearts' distrust in the goodness and sovereignty of God." (DeYoung p. 56-57)

"Worrying and fretting and obsessing about the future, even if it is a pseudo-holy worry that attempts to discern the will of God, will not add one single hour to your life, and it will certainly not add one single hour to your life, and it will certainly not add any happiness or holiness either." (DeYooung p. 56)

#### 2. **The more we understand who God is, the more we know which decision God would like us to make.** God wants us to grow deeper in understanding and knowledge of Him. As our relationship deepens, we become more focused God. God becomes the priority in our decision making process. This gives us a profound freedom to take risks and make sound decisions in our life for God.

"If we truly seek God above all, then we will always be doing the will of God, no matter where our particular choices leads us, because seeking God's Kingdom first is God's will. When we come to a crossroads with no signposts to guide our way, we have the freedom to choose what we want, the confidence of knowing God will go with us, and the security of trusting our decisions become his will. In other words, we simply cannot lose." (The Will of God as a Way of Life: Sittser p. 39)