

WORRY IS A LIAR

“Your father is the devil, and you do exactly what he wants. He has always been a murderer and a liar. There is nothing truthful about him. He speaks on his own, and everything he says is a lie. Not only is he a liar himself, but he is also the father of all lies.” – John 8:44 CEV.

REFLECTIONS

Instructions: Take turns reading the following paragraphs with your teammates. As you read, underline the ideas that catch your attention.

We’ve already established that the root of worry is fear, and fear does not come from God. Therefore, at the heart of worry is the devil. And Scripture is clear: the devil is a liar (John 8:44). In simple terms, worry is not just a bad habit—it is a tactic of the enemy, a strategy built on lies designed to steal your peace and wreck your mind. That’s why it is crucial to recognize the lies worry tell you.

THE FOUR LIES OF WORRY:

Lie #1: Something really bad is going to happen.

We’ve all been tormented by this lie. Throughout the day, as we face different situations, we tend to lean toward the negative extreme and assume the worst is coming. But in reality, only a fraction of what we worry about ever happens. Here’s the new reality that can help you combat the lie that something bad is going to happen: Most of what you worry about will never come to pass. But even if something bad does happen, remember that Jesus will give you what you need to overcome it. Jesus said: *“Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”* (John 16:33 NLT)

Lie #2: The more you worry about it, the more likely you are to prevent it.

Yes, there are times when we have reason to be concerned and prepare—but the reality is that worry has never prevented something negative from happening. Planning can. Prayer can. But worry never will. Jesus pleaded with us: *“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?... 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”* (Matthew 6:25-26, 34 NKJV)

Your best way to be prepared for tomorrow is to lean on and trust God with what He has placed in your hands today and to remember His faithfulness.

Lie #3: I don’t have a choice—I was born a worrier.

We may have a genetic tendency toward worry or have been raised in a culture where worry is the norm. Worry is what we saw others do, what we learned, and what we’re naturally inclined to repeat. But if we are in Christ, all those old patterns were broken the moment we were born again. You now have a new Father in heaven. He has never worried for a single second in His eternal existence. He wasn’t worried yesterday, He isn’t worried today, and He won’t be worried tomorrow.

He loves you. You've been born into a new family as a son or daughter of God through Jesus Christ. And your new family is not a worrying family—it's a family of peace, knowing that God is in control and He is enough for every concern you face.

Lie #4: I can get the result I want by worrying.

You are not God. Although worry wants you to think you're in the driver's seat, it actually traps you in the trunk. Jesus asked: *"Can all your worries add a single moment to your life? 26 And if worry can't accomplish a little thing like that, what's the use of worrying over bigger things?"* (Luke 12:25–26 NLT)

Worry tells you you're in control. But who really wants that job? Faith tells you that the God who loves you is in control. Your Creator is in charge, and you can trust that all His ways are good.

Remember, through Jesus you have all the power you need to win the war against worry. Keep exposing the lies that worry tells you and keep surrendering those lies to God, replacing them with the truths found in His Word.

Choose something you underlined that is important to you. Take a minute to tell everyone what you choose and why it matters to you.

SELF-EVALUATION:

- What lies of worry have you identified as dominating your mind the most?
- When you face a difficult situation, who or what do you turn to first God, your own thoughts, or worry?
- How does your perspective shift when you remember that God is in control and most of what you fear never actually happens?

ACTION STEPS:

1. **Identify the lies and replace them with biblical truth.** Each time you detect a lie (like "something bad is going to happen"), find a verse that affirms God's truth (e.g., John 16:33).
2. **Give every worry to God in prayer.** Make a list of your worries and hand them over to the Lord one by one, asking for His peace and remembering that He is in control.
3. **Declare your new identity in Christ daily.** Repeat: "I am a child of God. My Father does not worry, and I don't have too either. He is in control."

Facilitator Instructions:

1. **Make the call** (invitation).
2. **Ministry time:** Pray and activate what was learned today.
3. **Pray for the offering.**