

# THE ANATOMY OF WORRY

*“For I am God, and there is no other; I am God, and there is none like Me, declaring the end from the beginning, and from ancient times things that are not yet done, saying, ‘My counsel shall stand, and I will do all My pleasure.’”— Isaiah 46:9–10 (NKJV)*

## REFLECTIONS

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

If you’re currently overwhelmed by worry, chances are it’s because you’re trying to control something (or someone) you weren’t designed to control. But that’s how worry works: it always begins as a harmless seed planted in our minds. However, if left uncontrolled, that seed can grow into a more powerful negative thought, and worry can take root in our hearts.

From the beginning of humanity, we see that God’s beautiful plan for paradise was sabotaged by two people who made a fatal decision. This didn’t happen outside of God’s sovereign control, but we can’t deny that Adam and Eve brought consequences into an otherwise glorious circumstance. After believing the lies of the enemy—“Is God really good? Can He really be trusted?”—they took the forbidden fruit and tried to take control of their destiny, thinking they could possess the same authority as God.

Sadly, as they discovered, God wasn’t withholding anything from them. His command was meant to protect their peace. Determined to control their future, Adam and Eve took the wheel of their destiny; and in doing so, spiritual and physical death entered human history.

It’s one thing to cause someone to question God’s goodness in the face of pain and death in a broken world—but how do you get someone living in paradise to believe a lie? Yet we know the devil succeeded in a perfect setting. In the same way, he wants to come after you.

First, he will try to make you doubt God’s character and intentions. But we must never forget that Jesus Christ gave His life, enduring death on a cross. He laid down His life for us so that we could be forgiven and have eternal life. There is no greater proof of God’s character and motives than this: “There is no greater love than to lay down one’s life for one’s friends.” (John 15:13, NLT) When we look at the cross, we can see without a doubt that God is good and that He can be trusted.

Second, he’ll try to convince you that life will be better when you’re the one in control—when you’re the one calling the shots. But let’s look again at the cross. The scene of Jesus’ crucifixion shows how people were fighting for control—both religiously and politically. Rulers were defending their power, and the religious elite were preserving their system; all driven by the sinful nature of humanity. And in the middle of it all, the innocent Son of God was nailed to a cross to fix what had been broken and restore us to the Creator—who is and always has been completely in control.

Our need for control is rooted in fear and feeds our anxiety (Romans 8:15). We’ve been fed the lie that we can be the masters of our own destiny. Yet, from the beginning, our final destiny was death. But God

intervened in history with amazing grace and destroyed the power of death: “And the last enemy to be destroyed is death... For the Scriptures say, ‘God has put all things under his authority.’” (1 Corinthians 15:26, 27, NLT) This was His plan from the beginning: “The kings of the earth prepared for battle; the rulers gathered together against the Lord and against his Messiah. But everything they did had already been decided beforehand by God’s will.” (Acts 4:26, 28, NLT)

The resurrection of Jesus silences our need for control because we can fully trust the One who conquered death, hell, and the grave. He loves us and gives us His victorious life. He promises to care for us, guide us, and protect us: “Yet it was our weaknesses he carried; it was our sorrows that weighed him down... He was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.” (Isaiah 53:4–5, NLT) Jesus can carry what worries you because He already carried what was meant to destroy you.

So if at the core of worry is the desire for control, how do you win the battle against worry and find peace? By surrendering that desire to the One who truly is in control: “Before the mountains were born, before You gave birth to the earth and the world, from beginning to end, You are God.” (Psalm 90:2, NLT) “For I am God, and there is no other... My counsel shall stand, and I will do all My pleasure.” (Isaiah 46:9–10, NKJV) God has been ruling the universe from the beginning. That means you can let go, trust His good heart, and place into His hands whatever is robbing you of peace today.

**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 are you trying to control right now? What do you need to surrender to God?
- What lie have you believed about God’s character that has led you to worry more and trust less?
- What evidence can you recall from past moments where God worked things out even when you weren’t in control?

#### ACTION STEPS:

1. Write down what is currently worrying you. Then, write a corresponding truth about God’s character for each worry. How can you regularly remind yourself of these truths about who God is?
2. Read and meditate daily this week on Isaiah 46:9–10 and Psalm 90:2. Ask the Holy Spirit to remind you each day that God is in control and that you can rest in Him.
3. Share with someone you trust a worry you’ve been carrying alone and ask them to pray with you to surrender it to God.

#### Facilitator Instructions:

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