

The Abiding Word Online

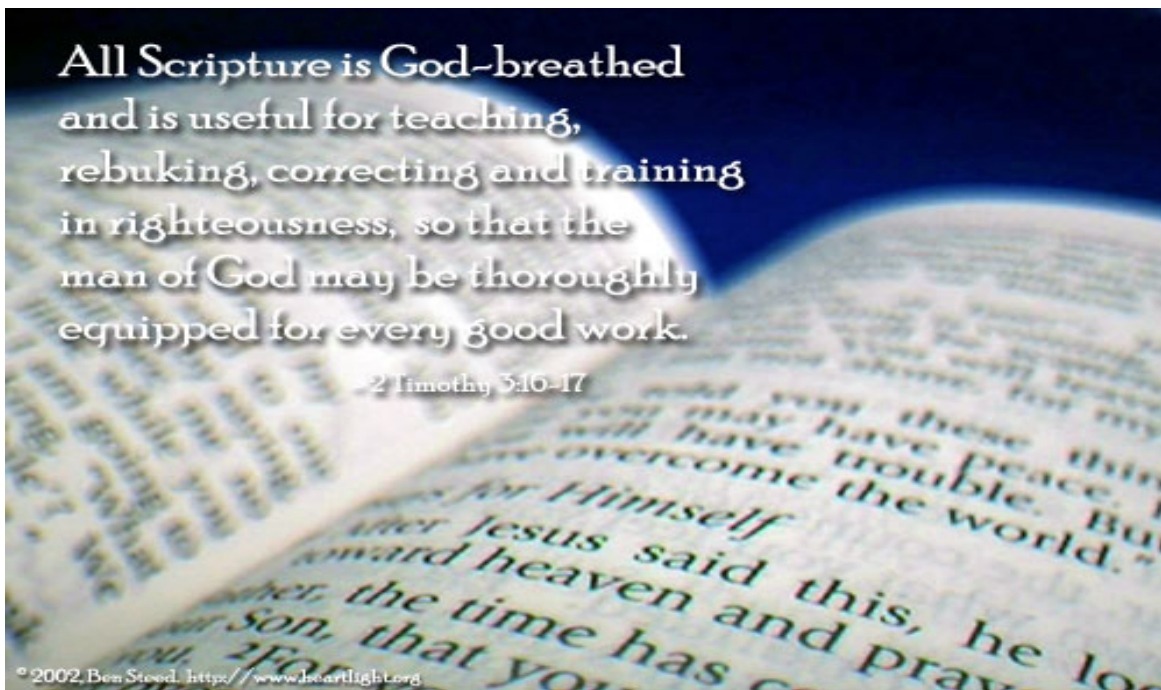
Biblical Principles for Christian Growth Online Bible Study

The following article is part of a series of study notes, outlines and discussions on Biblical Subjects. The goal is to deal with and express Biblical Principles for Christian Growth.

This material and all study notes may be used freely for personal use and the study of God's word. None of this material may be sold or used for financial gain.

All is presented for the glory of God and His son Jesus Christ.

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No.7 – A Worksheet for Overcoming Worry

Introduction:

Many times we worry and ask the question, how do I deal with the worry? Below is a practical worksheet based on the Bible that can help deal with worry. This material is part of a Biblical Counseling Tool Kit by Howard Eyrich, which I have used. I found it useful and hope you do also.

A BIBLE STUDY FOR WORRIERS

1. According to I Corinthians 3:16; 6:19b, to whom does your body belong? _____

2. What reason does Paul give for this ownership in I Corinthians 6:20? _____

3. According to I Corinthians 6:18, to whom does your body belong? _____

4. What is the overriding responsibility of the believer to do with his body in I Corinthians 6:20a? _____
5. In Romans 12:1 Paul indicates the first step in fulfilling this responsibility. It is to _____
There is every indication that this is a crisis or a one-time act of commitment.
6. The believer's body is a _____ for God. (I Cor. 6:19)
7. In I Corinthians 7:3-5 Paul teaches us that our bodies belong to _____
8. Our bodies are our _____ for existing in time and space (II Cor. 5:1).
9. Paul also indicates in Romans 6:11-13 that this one-time act is activate by not _____
our bodies to _____ and rather our bodies to God for _____
_____. List five ways that you have been making your body
available to sin. Then list five activities of righteousness that you can put in place of
these. Devise a practical plan to accomplish this goal (Rom. 6:19).

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

10. Some day we will have a body like _____ (I John 3:2).
11. What tangible promise do we have that our bodies will be redeemed also? (Eph. 4:30)

12. There is another evidence of the promise in I Corinthians 15:35-57. It is the _____ of Jesus Christ.
13. Study Exodus 3:1-10; 4:1-13. From these verses we can learn the principle that God wants to use our bodies to _____ Him. Verses 11-12 of chapter 4 indicate that God can use even a body which does not function totally normally. Write down the names of three Christians who have imperfect bodies which the Lord is using. For example,
Joni Eareckson, _____,
and _____.

Now consider three ways in which God can use your body to serve Him, whether afflicted or not.

Develop a plan to serve God. Do it now! In addition to these verses, study and write down what the following verses teach about using our bodies (handicapped though they be) to honor and serve God and minister to other people. Is sickness or infirmity an excuse for wasted time, uselessness, selfishness, complaining, self-pity, bitterness, excuse making, etc.

Philippians 1:20-24, 29: _____

Acts 5:40-42: _____

Acts 16:22-34: _____

II Corinthians 12:7-10: _____

II Corinthians 1:8-12: _____