

# Finding Calm in the Chaos: Overcoming Worry Through Biblical Faith


A Comprehensive Study on Biblical Figures and Worry

# Introduction

Worry is a universal human experience that often feels like a modern plague, yet it is a struggle as old as time. In the Bible, we see that even the most faithful individuals grappled with the weight of "what if" and the paralyzing fear of the unknown. This study guide explores five specific figures who faced intense anxiety, showing us that worry isn't a sign of a failed faith, but an opportunity to lean deeper into God's sovereignty.

Over the next few weeks, you will walk through the stories of leaders, parents, and outcasts who found themselves at the end of their ropes. By looking at how God met them in their distress, you will discover that His peace is not the absence of trouble, but the presence of His Spirit. Let these examples serve as a roadmap to shifting your focus from the size of your problems to the magnitude of your Creator.

# The Worry of Distraction



- Day 1: Luke 10:38–42
- Day 2: John 11:17–27
- Day 3: John 12:1–3
- Day 4: Psalm 27:1–4
- Day 5: Matthew 6:31–34

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## **What happened?**

Martha was hosting Jesus at her home and became consumed with the physical demands of hospitality. While her sister, Mary, sat at Jesus' feet listening to Him, Martha grew resentful and anxious about the unfinished tasks. Her worry manifested as frustration, leading her to demand that Jesus rebuke her sister for not helping.

## **What did God do?**

Jesus responded with incredible tenderness, repeating her name twice: "Martha, Martha." He did not dismiss her hard work, but He identified the root of her anxiety—she was "worried and upset about many things." He gently redirected her focus, explaining that Mary had chosen the "one thing" that was truly necessary: being present with Him.

## **What do we learn about God?**

We learn that God values our presence more than our productivity. He is a God who notices the small anxieties of our daily to-do lists and cares about our peace of mind. He isn't a taskmaster demanding perfect service; He is a Savior who invites us to rest in His company even when the work isn't done.

## **Reflection**

It is easy to let the "good" things we do for God replace the "best" thing—spending time with Him. Martha's worry came from a heart that wanted to serve, but she lost sight of the Person she was serving. When we feel overwhelmed by our responsibilities, we can hear Jesus calling our names, inviting us to stop the frantic pace and simply sit at His feet.

## **Journal Prompts**

- What "tasks" currently make you feel resentful or anxious?
- How can you intentionally choose the "one thing" (Jesus' presence) today?

# The Worry of Exhaustion



- Day 1: 1 Kings 18:36–46
- Day 2: 1 Kings 19:1–9
- Day 3: 1 Kings 19:10–18
- Day 4: Psalm 34:17–20
- Day 5: Isaiah 40:28–31

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## **What happened?**

Immediately after a massive spiritual victory on Mount Carmel, Elijah received a death threat from Queen Jezebel. Despite seeing God's power firsthand, fear took hold, and he fled into the wilderness. Spiraling into a deep depression fueled by worry and physical exhaustion, he sat under a broom bush and prayed that he might die.

## **What did God do?**

God did not lecture Elijah for his lack of faith; instead, He provided for his physical needs. He sent an angel to provide food and water, allowing Elijah to sleep and recover. Later, God met him in a "gentle whisper," reassuring him that he was not alone and giving him a clear path forward and a companion in Elisha.

## **What do we learn about God?**

We learn that God is profoundly compassionate toward our physical and emotional limits. He understands that worry is often amplified by exhaustion and isolation. He is a God who provides "daily bread" and speaks in the quiet moments, proving He is just as present in the wilderness as He is in the fire.

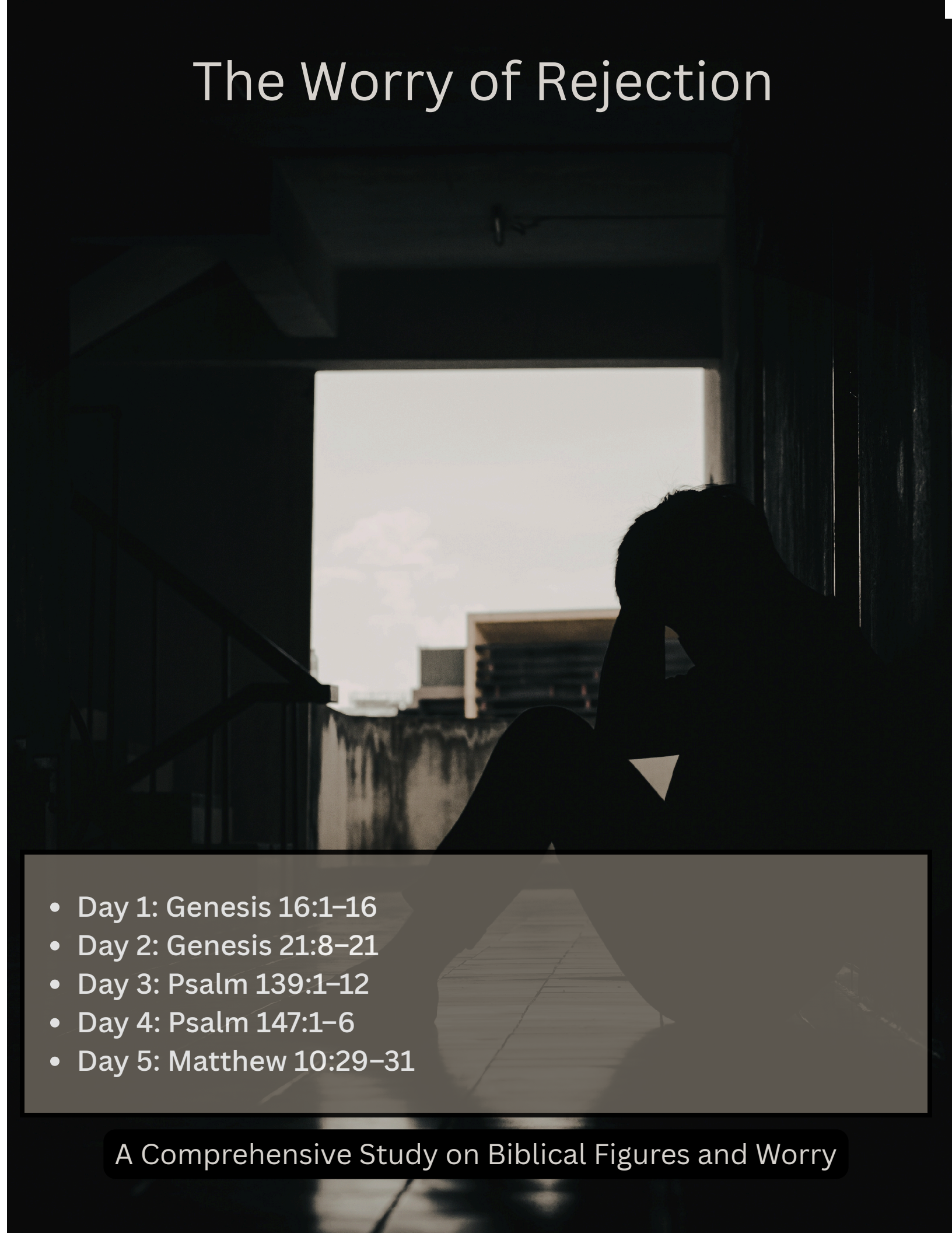
## **Reflection**

Elijah's story reminds us that we are human beings, not machines. Sometimes the most "spiritual" thing we can do for our anxiety is to eat a meal and take a nap. God doesn't expect us to be heroes of faith 24/7; He expects us to come to Him when we are weary so He can give us the strength to continue.

## **Journal Prompts**

- Is your worry tied to physical or emotional burnout right now?
- In what ways have you ignored God's "gentle whisper" because of the noise of your fears?

# The Worry of Rejection



- Day 1: Genesis 16:1–16
- Day 2: Genesis 21:8–21
- Day 3: Psalm 139:1–12
- Day 4: Psalm 147:1–6
- Day 5: Matthew 10:29–31

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## **What happened?**

Hagar was an Egyptian slave caught in the middle of Abraham and Sarah's lack of faith. After being mistreated and eventually cast out into the desert with her son, Ishmael, she reached a point of absolute despair. With no water and no hope, she placed her son under a bush and sat some distance away, unable to watch him die.

## **What did God do?**

God heard the cry of the boy and called out to Hagar from heaven. He opened her eyes to see a well of water that was already there and reaffirmed His promise to make her son a great nation. Long before this, Hagar had named God El Roi—the God who sees me—and in the desert, He proved He was still watching.

## **What do we learn about God?**

We learn that God is a protector of the outcast and the marginalized. No person is too insignificant for His attention, and no situation is too dire for His provision. He is a God who hears the cries of the suffering and provides resources (the well) exactly when our own strength runs out.

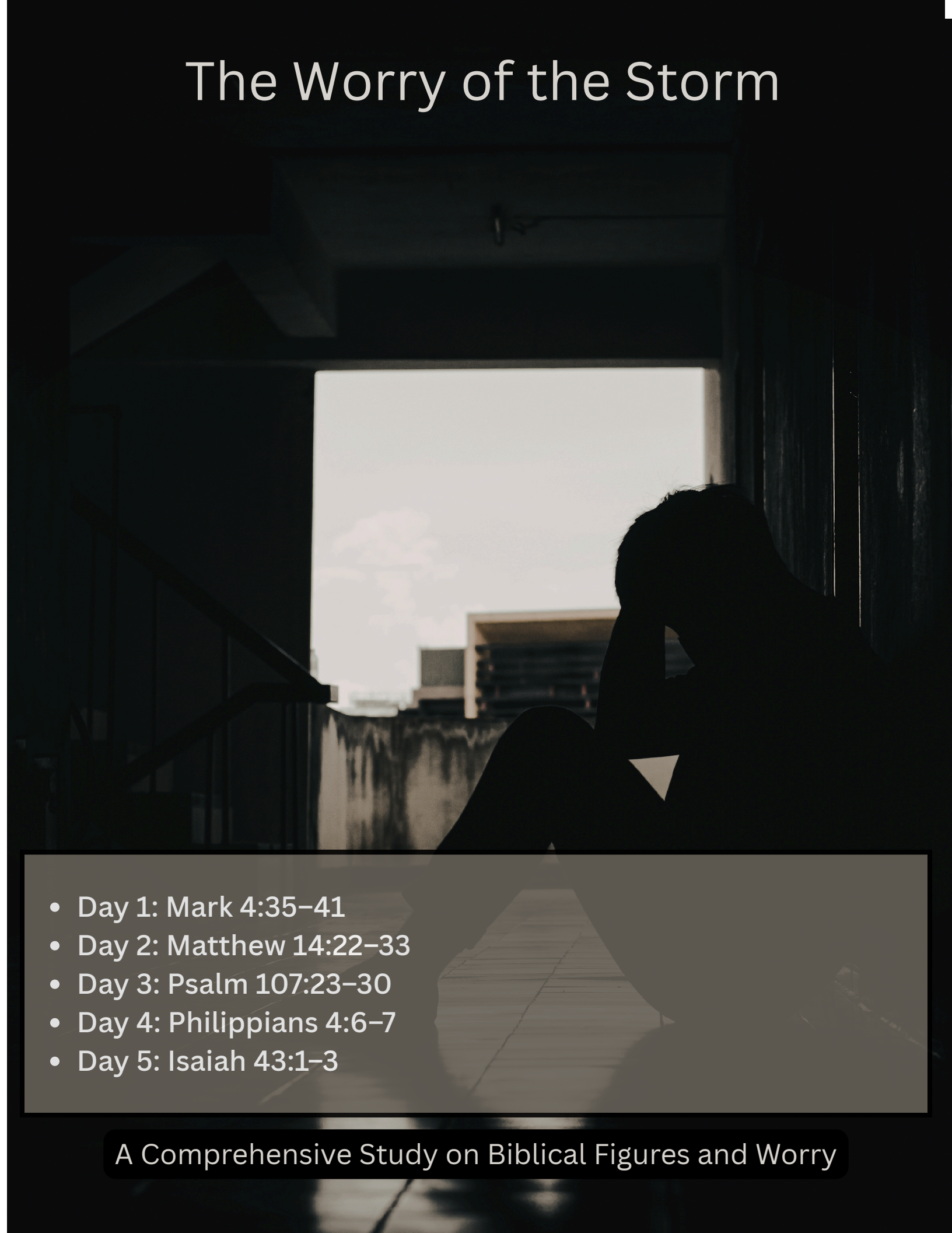
## **Reflection**

Worry often stems from a feeling of being unseen or abandoned by those who should care for us. Hagar's story is a powerful reminder that even when people reject us, God sees us. He knows exactly where we are sitting in our "deserts," and He has already prepared the provision we need to survive and thrive.

## **Journal Prompts**

- When have you felt "unseen" in your current struggle?
- How does knowing God is El Roi (The God Who Sees Me) change your perspective on your future?

# The Worry of the Storm



- Day 1: Mark 4:35–41
- Day 2: Matthew 14:22–33
- Day 3: Psalm 107:23–30
- Day 4: Philippians 4:6–7
- Day 5: Isaiah 43:1–3

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## **What happened?**

While crossing the Sea of Galilee, the disciples—many of whom were experienced fishermen—were caught in a violent storm. As waves crashed over the boat, they looked for Jesus and found Him sleeping on a cushion. Terrified and anxious, they woke Him with a biting question: "Teacher, don't you care if we drown?"

## **What did God do?**

Jesus stood up and rebuked the wind and the waves with three words: "Quiet! Be still!" The storm ceased instantly. He then turned to the disciples and asked why they were so afraid and where their faith was. He didn't just save them from the storm; He used the storm to reveal His divine authority over creation.

## **What do we learn about God?**

We learn that God's "silence" or "sleep" during our trials does not mean He is indifferent. He has complete authority over the chaos that causes us worry. He is the Lord of the storm, and His presence in the boat is more important than the weather outside of it.

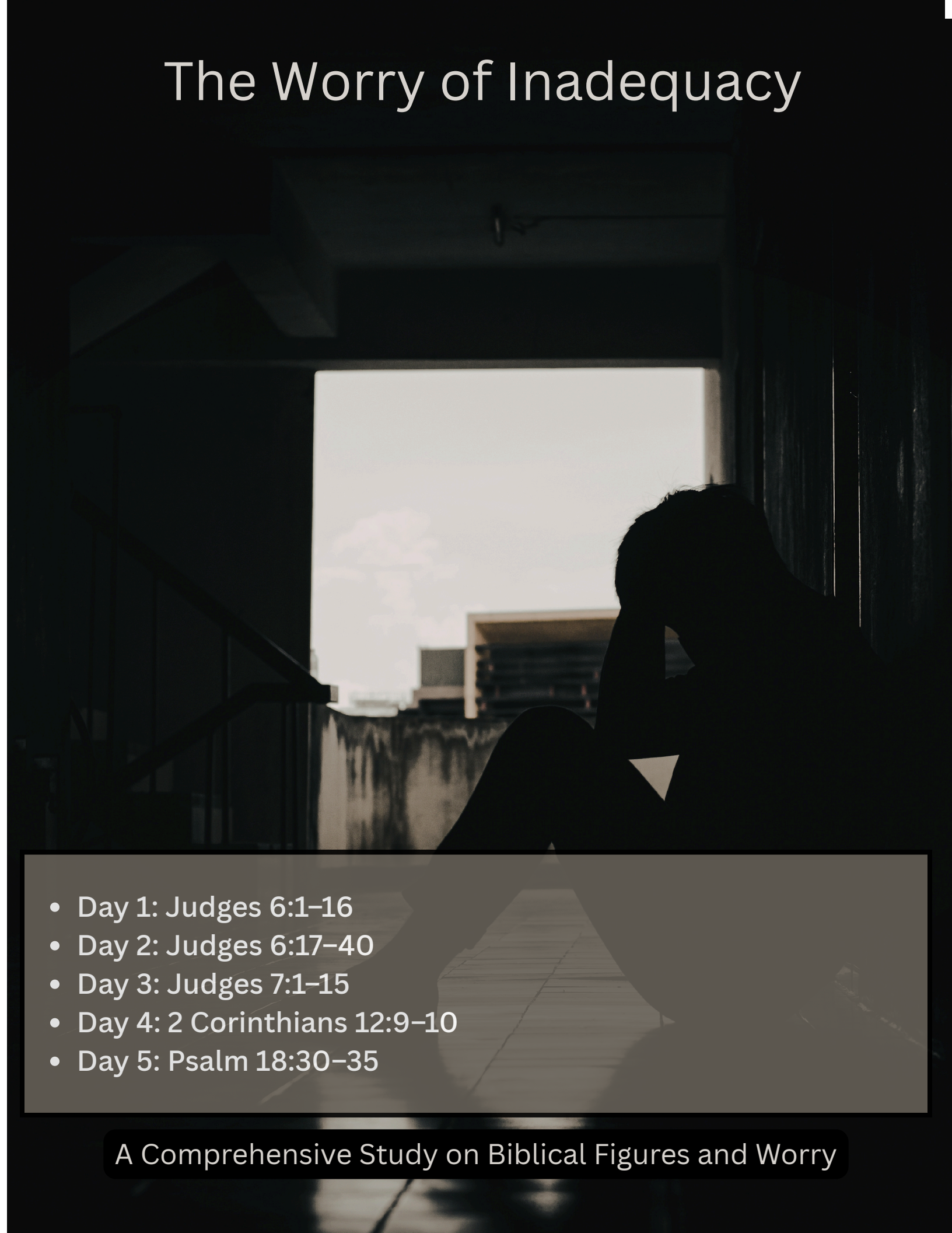
## **Reflection**

The disciples' worry was based on their circumstances rather than the character of the Man in the boat. We often do the same, measuring God's love by how calm our lives are. If Jesus is in your boat, the storm cannot sink you. Peace isn't found in a calm sea, but in the presence of the One who commands the wind.

## **Journal Prompts**

- What "storm" in your life makes you feel like God is "sleeping"?
- What does "Peace, be still" look like for your heart today?

# The Worry of Inadequacy



- Day 1: Judges 6:1–16
- Day 2: Judges 6:17–40
- Day 3: Judges 7:1–15
- Day 4: 2 Corinthians 12:9–10
- Day 5: Psalm 18:30–35

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## **What happened?**

Gideon lived in a time of intense national fear as the Midianites regularly destroyed Israel's crops. When the Angel of the Lord found Gideon, he was hiding in a winepress to thresh wheat. Gideon was filled with worry about his own weakness and his family's insignificance, constantly asking for signs to prove that God was actually with him.

## **What did God do?**

God met Gideon in his hiding place and called him a "mighty warrior" before he had done anything brave. He patiently provided the signs Gideon asked for (the fleece) and eventually thinned his army down to just 300 men to ensure the victory could only be attributed to divine power. God turned Gideon's worry into a testimony of strength through weakness.

## **What do we learn about God?**

We learn that God is patient with our doubts and insecurities. He doesn't wait for us to feel confident before He calls us; He provides the confidence through His presence. He is a God who chooses the weak things of the world to shame the strong, showing that His power is made perfect in our inadequacy.

## **Reflection**

Worry often tells us that we aren't enough to handle what lies ahead. Gideon's life proves that we don't have to be "enough" because God is. When we stop worrying about our own limitations and start focusing on God's limitless power, we can step out of our "winepresses" and into the purpose He has for us.

## **Journal Prompts**

- In what areas do you feel "not enough," and how is that fueling your worry?
- How has God shown His faithfulness to you in the past, even when you were afraid?

# Conclusion

As you conclude this study, remember that worry is rarely a one-time battle, but a daily choice to surrender. The people we studied—Martha, Elijah, Hagar, the Disciples, and Gideon—were not perfect, but they served a perfect God. Their stories show that God is not intimidated by our anxiety; He meets us in the middle of it with provision, presence, and peace.

Carry these lessons with you as you navigate your own seasons of uncertainty. When the "storms" of life rise or the "deserts" feel vast, look back at these scriptures and remind yourself that the same God who saw Hagar and calmed the sea is walking beside you. You are never alone in your worry, and you are never beyond the reach of His grace.

# Quick-Reference Peace Verses

When fear feels overwhelming, use these "emergency" scriptures to ground your **heart**.

## **For When You Feel Alone**

Isaiah 41:10: "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Deuteronomy 31:8: "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

## **For When You Feel Weak**

2 Timothy 1:7: "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Psalms 27:1: "The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?"

## **For When Your Mind is Racing**

Philippians 4:6–7: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Psalms 56:3: "When I am afraid, I put my trust in you."

## **For When You Need Sleep**

Psalms 4:8: "In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."

Proverbs 3:24: "When you lie down, you will not be afraid; when you lie down, your sleep will be sweet."

## **For a Crisis**

Psalm 46:1–2: "God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea."

Joshua 1:9: "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."



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