



# BREAKING BARRIERS!

This work is a compilation of Dr. Rhedrick's research.

Unless otherwise stated, all Scripture references are from the New International Version (NIV)

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## ***SESSION I***

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**PREFACE**  
***BREAKING BARRIERS***

Today we live in a world that is both convenient and complicated. It's a world where we can insure our lives against almost any casualties, yet we still live in fear. It's a world with all the advances in technology that can forecast storms and stock market trends, yet we still worry about the future. It's world that has AI and video communication, yet we still feel lonely. Unfortunately, these barriers are not new. They have been a weapon used against humanity for thousands of years. So, how are we to navigate these and other barriers?

These barriers keep us from becoming all God wants us to be and to do the things He desires us to do. Therefore, this series will address the biblical approaches utilized to breakthrough these barriers.

So, how we will address ancient foes. We must learn how to have an attitude of victory before the battle begins. However, this attitude cannot be developed using our own abilities or even modern-day technology or resources.

We will rely on the time-tested resource, which guides us on how to breakthrough these barriers, the Bible. This position is not taken lightly, because one's point of reference for truth and authority is what guides one's perspective, purpose and priorities. However, for this study, the Bible will be this absolute authority.

The Bible has been chosen as this point of reference based on its proven accuracy for truth, its verifiable authority of truth, and its undeniable authority for truth. Upon completion of this study, it is the researcher's hope that you will be empowered to breakthrough any barriers you are facing now and any that will arise in the future.

## LESSON I – BREAKING THE WORRY BARRIER

In 1988, there was a popular song released entitled “Don’t worry, be happy.” The song gave many scenarios in which one could worry. It talked about being evicted from your home. It talked about not having enough money. It talked about not having a mate. It stated the side effects of worry. The songwriter even says you could call him, and he would make you happy. However, the song never told you how to overcome worry. Today’s lesson will help you learn how to overcome worry.

**What are your top three worries?**

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### TRUE OR FALSE:

- |  |   |   |
|--|---|---|
| • Most people worry at some point in their life.     | T | F |
| • Most of the things we worry about usually happens. | T | F |
| • Worry is spiritual.                                | T | F |
| • You can win the battle against worry.              | T | F |

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**INSIGHT INTO YOUR VISION AND THE WORLD'S**



**TOP 10 OLDER ADULTS WORRIES:**

- 10. Death of a spouse**
- 9. Loss of personal dignity**
- 8. Not being able to drive**
- 7. Loss of familiar environment**
- 6. Lack of money**
- 5. Declining health**
- 4. Fear of falling and getting hurt**
- 3. Safety and security fears**
- 2. Loss of memory**
- 1. Loss of independence**

**TOP 10 YOUNGER ADULTS WORRIES:**

- 10. This World Is Such An Awful Place. How Can I Help Make It Better?**
- 9. Is Monogamy Really For Us?**
- 8. I Really Hope That We Just Didn't Get Pregnant...**
- 7. To YOLO Or Not To YOLO?**
- 6. Am I Spending Enough Time With My Family?**
- 5. How Can I Do What I Want To Do With My Life If I'm Stuck Doing This**
- 4. What Do I Want To Do With My Life?**
- 3. Will I Ever Find The Right Person For Me?**
- 2. Why Am I With This Person When I Know They Aren't Right For Me?**
- 1. How Am I Going To Pay The Bills This Month?**

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EXPLORING WHAT GOD SEES



Worry has two problems:

1. The future is not \_\_\_\_\_.
2. The future is not \_\_\_\_\_.

Two things that the phrase "do not worry" *DOES NOT* mean:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**BREAKTHROUGH # 1:**

Worry is \_\_\_\_\_. It cannot \_\_\_\_\_ the future  
nor \_\_\_\_\_ the future.

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**MATTHEW 6:25-34**

*25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life? 28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

**Worry is \_\_\_\_\_.**

*25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?*

**What does our worry about what we will eat and what we will wear say about how we view God? \_\_\_\_\_**

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**Worry is \_\_\_\_\_.**

*26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?*

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**But, why does God take an interest in feeding them? \_\_\_\_\_**

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**How are we different from sparrows in God’s eyes? \_\_\_\_\_**

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If God will provide for something as simple as the birds of the air, won't he also provide for you and me? \_\_\_\_

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Worry is \_\_\_\_\_.

*<sup>27</sup> Can any one of you by worrying add a single hour to your life?*

How can worry add to your life? \_\_\_\_\_

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### BREAKTHROUGH #2:

It doesn't change \_\_\_\_\_,  
but it does change \_\_\_\_\_.

Worry is \_\_\_\_\_.

*<sup>28</sup> "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?"*

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### BREAKTHROUGH #3:

It is \_\_\_\_\_ for us to \_\_\_\_\_  
one's life and body on \_\_\_\_\_.



Worry is \_\_\_\_\_.

*<sup>31</sup> So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them.*

There are two reasons why we are not to worry about what we will eat, drink or wear:

1. A believer is \_\_\_\_\_ than a non-believer.

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2. A believer has a \_\_\_\_\_ who knows our needs.

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**BREAKTHROUGH #4:**

When we make \_\_\_\_\_ our constant \_\_\_\_\_,  
we \_\_\_\_\_ the \_\_\_\_\_ we say we have.

**BREAKTHROUGHS:**

Read the following verses and determine how you can break through the worry barrier.

*<sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

What priorities should we have in life? \_\_\_\_\_

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**What does God do for His children when they keep the right perspective, refuse to worry, and trust Him?**

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**Why is it foolish to fret over the future?** \_\_\_\_\_

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**There are five attitudes about the future:**

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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5. \_\_\_\_\_

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## THE BREAKTHROUGH CHALLENGE



*What worry will you entrust to God today?* \_\_\_\_\_

*What steps can you take today to change your priorities from worldly ones to kingdom ones?* \_\_\_\_\_

*How should we apply this reality in our lives?* \_\_\_\_\_

*What spiritual disciplines (prayer, Bible study, meditation on Scripture, etc.) could you practice this week to improve your eyesight from your worldly view to God's view?* \_\_\_\_\_

*Who might you share your new Barrier Breaking view with this week?* \_\_\_\_\_

**Quote by Mark Twain:** I realized that I had spent a great deal of my life worrying. I worried about big things (business, money, health, safety). I worried about little things (traffic, weather, food choices, Internet speeds). You name it; I'd worry about it. The kicker was most of these things never happened!

### NEXT WEEK'S ASSIGNMENT:

Read the next session lesson and answer as many of the questions as you can before class. Pray for your class partners and table mates that they will have a Breakthrough. If you are a Twitter follower – respond to the daily weekday post @HerbRhedrick.

### CLOSING PRAYER

