

Don't let worries kill you

Let the church help

Overcoming Worry

Matt. 6:25-34

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.” **Phil. 4:6**

“Do not worry about anything”

“Have no anxiety about anything”

One worrier said to the other,

“I have so many troubles that if anything happened to me today, it would be two weeks before I can get around to worrying about it”

Different Kinds of Worry

1. Things that have already happened

➤ **Phil. 3:13** - forget things behind

2. Things that will inevitably happen

➤ **Heb. 9:27** – death [old age]

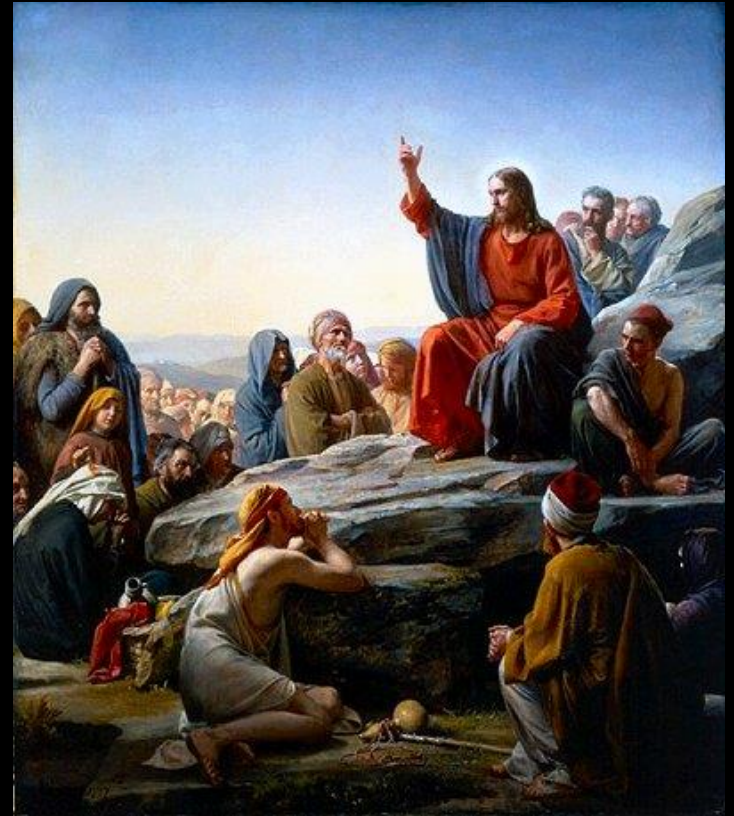
3. Things that will never happen

Don't worry about old age,
it will not last very long!

Remedy for Overcoming Worry – Matt. 6:25-34

Unnecessary

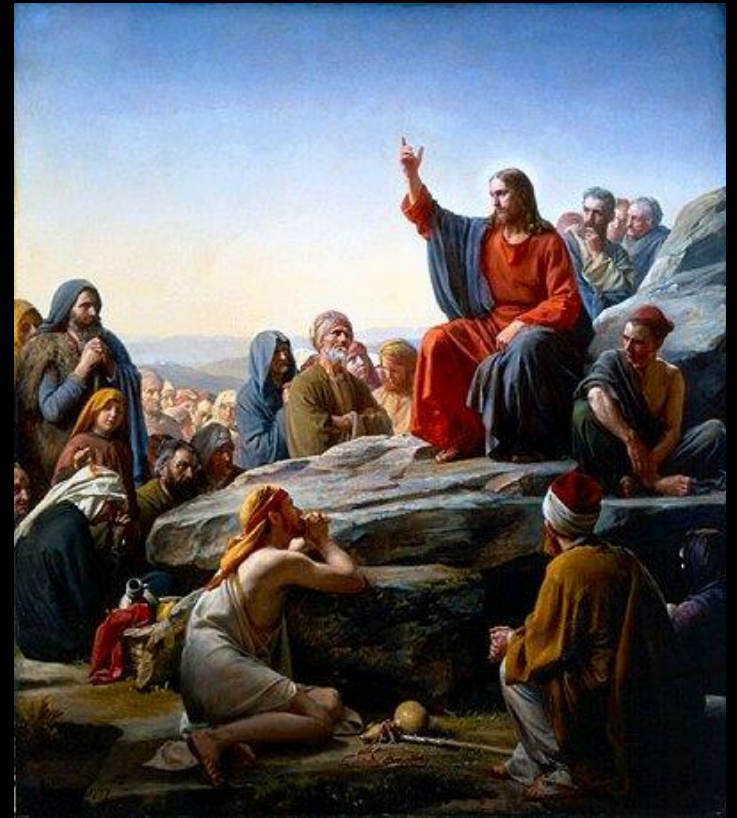
“Your heavenly
Father knows that
you have need of
these things.” v. 32



Remedy for Overcoming Worry – Matt. 6:25-34

Cruel – v. 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?”



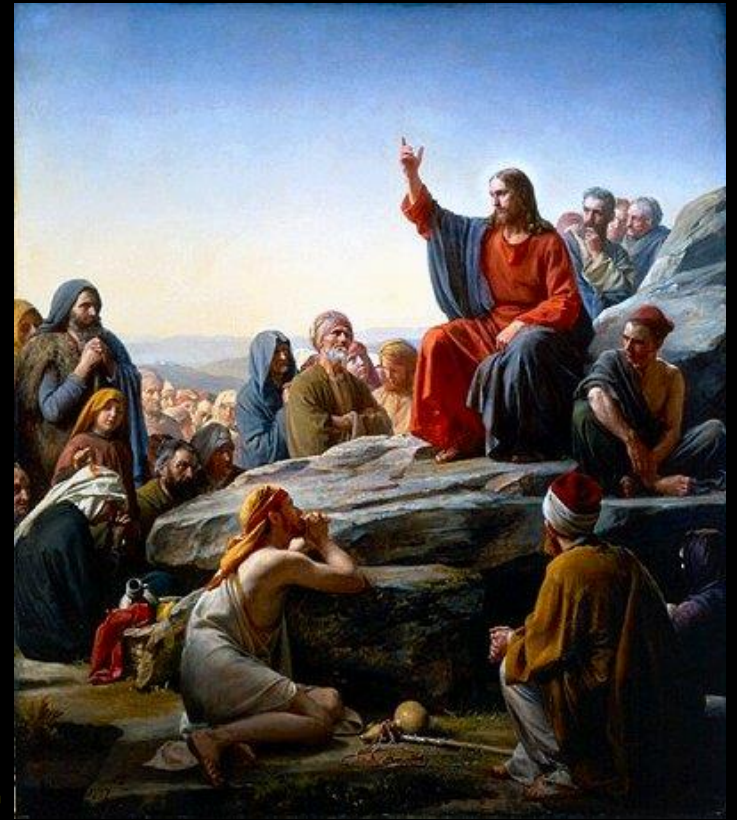
Remedy for Overcoming Worry – Matt. 6:25-34

Prohibited

“Do not worry about your
life” v. 25

“Therefore do not worry,”
v. 31

“Therefore do not worry
about tomorrow...” v. 34

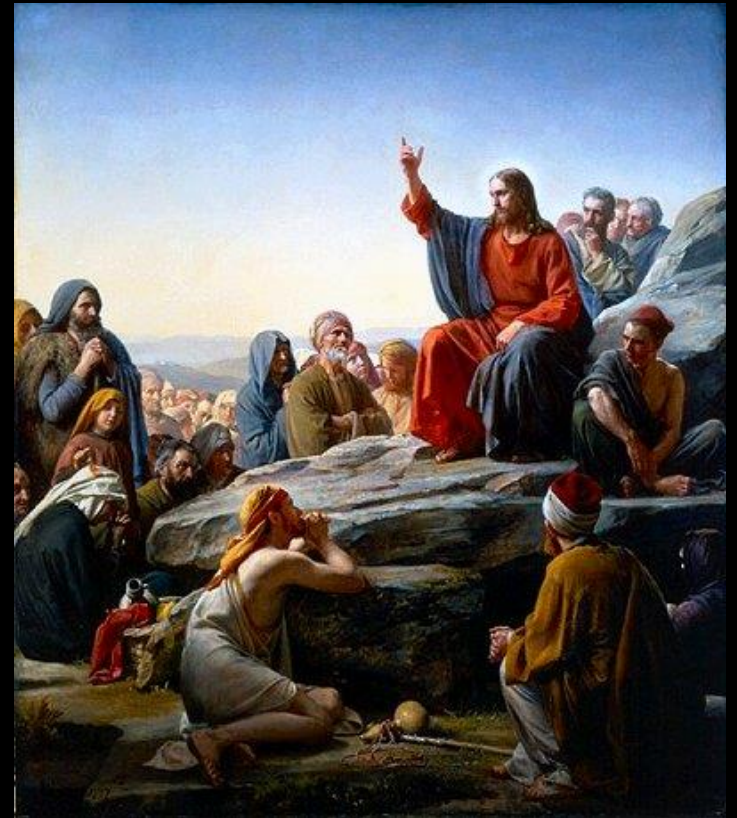


Remedy for Overcoming Worry – Matt. 6:25-34

Useless – v. 27

“Which of you by worrying can add one cubit to his stature?”

Mark 16:3-4



Worry is like a rocking chair;
it will give you something to do,
but it will get you no where.

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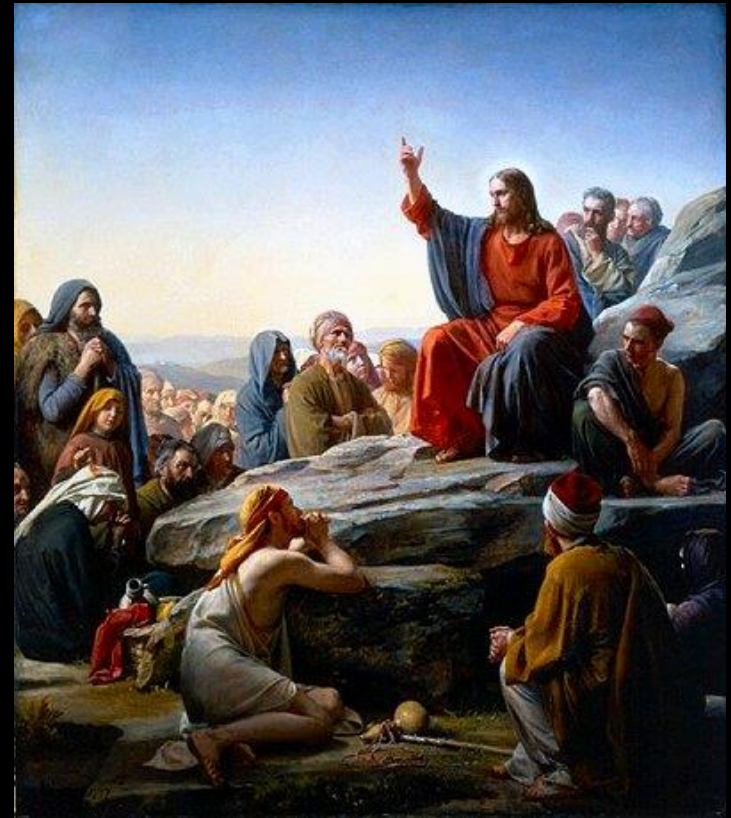
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Remedy for Overcoming Worry – Matt. 6:25-34

Heathenish

“For after all these things do the Gentiles seek” **v. 32**

Worry is a characteristic of the heathen, the lost



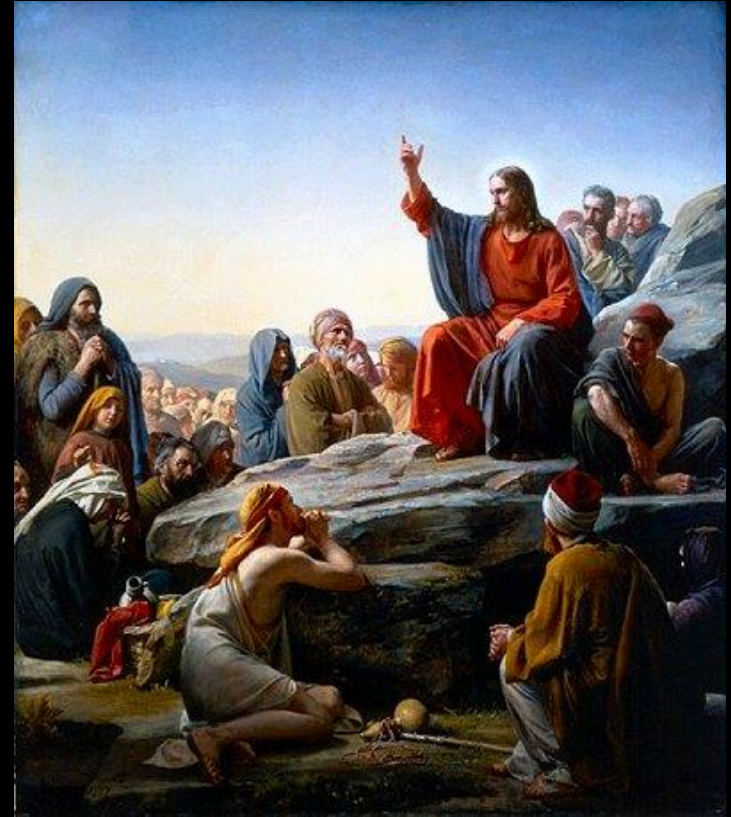
Remedy for Overcoming Worry – Matt. 6:25-34

Faithlessness

“O you of little faith”

v. 30

Matt. 6:30 = Worry
Matt. 8:26 = Fear
Matt. 14:31 = Doubt
Matt. 16:8 = Human reasoning

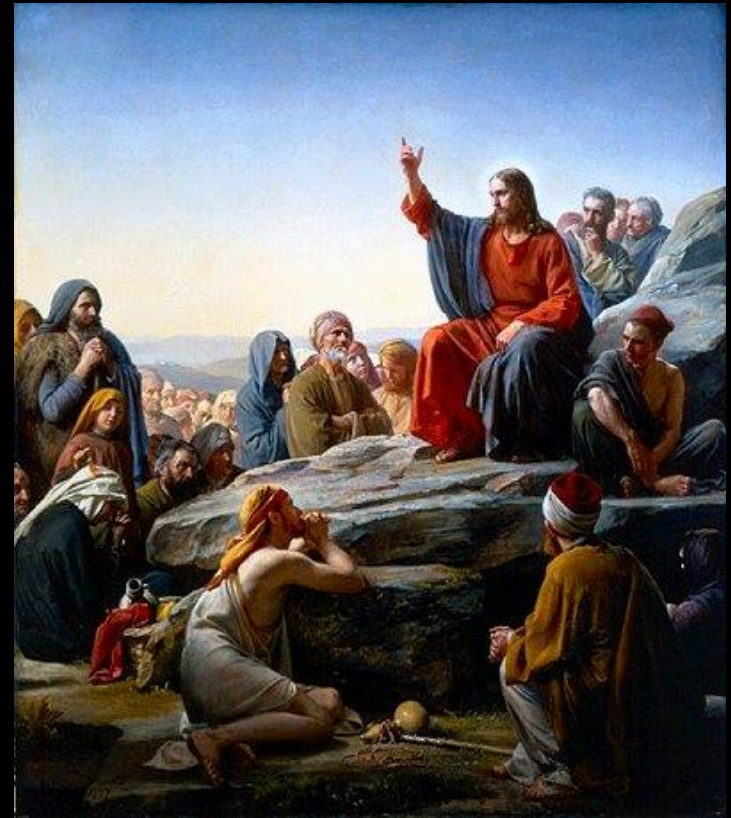


Remedy for Overcoming Worry – Matt. 6:25-34

The Solution – v. 33

“But **seek** first the kingdom of God and His **righteousness**, and all these things shall be **added** to you.”

S + R = Added



Why is Worry a Sin ?

Disregard for Commandments of God

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

Phil. 4:6-7

Why is Worry a Sin ?

It is a Waste of Time

40% never happen

30% past that cannot be changed

22% petty things

8% legitimate

Why is Worry a Sin ?

It Impairs our Health

- Can worry yourself sick
- Can worry yourself to death

Fatigue

Asthma

Hives

Diseases

High Blood Pressure

Why is Worry a Sin ?

It robs us of joy and happiness

- “Worry” = means to strangle
- “Rejoice in the Lord always: and again I say, Rejoice” **Phil. 4:4**

Why is Worry a Sin ?

Prohibits prayers to be answered

- We must ask in faith – **James. 1:6**
- Worry is distrust in God

Man prayed to God for protection throughout the night. Stayed up all night to see if He would do it

A Pessimist

IS ONE WHO....

**FEELS BAD WHEN
HE FEELS GOOD
FOR FEAR THAT
HE'LL FEEL WORSE
WHEN HE
FEELS BETTER.**

How can we Overcome Worry?

- 1) Make up your mind you are going to conquer it.
- 2) Form the right relationship with God and man
- 3) Develop the Right attitude of mind

How can we Overcome Worry?

- 4) Do what you can and turn the rest over to God
- 5) Live one day at a Time
- 6) Cultivate a faith and realistic trust in God and His promises

How can we Overcome Worry?

Faith is the great antidote to worry

“I believe God that it shall be even as it was told me.” **Acts 27:25**

God will always keep His word !

How can we Overcome Worry?

7) Engage in purposeful work

8) Transfer your care to more worthy objects

9) Live your life free from a sense of guilt and shame

10) Take it to the Lord in Prayer

Read and Study your Bible

“Fear not: for I have redeemed you,
I have called you by your name;
thou art mine” **Isa. 43:1**

- There are 365 “Fear not's” in the Bible, one for every day in the year.
- How dare we then fear !

Read and Study your Bible

“If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you”

Jn. 15:7

“Let not your heart be troubled; you believe in God, believe also in Me.”

Jn. 14:1

Give Jesus First Place in your Life

“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

Matt. 6:33

Worrying may be a sign that something else besides God is first place in your life

- Put God First
- Live one day at a time
- Trust God
- Pray – Don't Panic!