

Five Keys for Combating Worry

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"That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life?" Matthew 6:25-27

Worry Defined:

- It is a divided heart or mind.

Symptoms of Worry:

- Our response is "yes, but _____".
- It is characterized by circular thinking.
- We see worry and anxiety as a bi-product of our external circumstances

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear." Matthew 6:25

"So do not worry saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'" Matthew 6:31

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" Matthew 6:34

"Foxes have holes and birds have nests, but the Son of Man has no place to lay his head." Matthew 8:20

"Do not be anxious about anything" Philippians 4:6

Two Truths About Worry:

- Worry is a choice that is made.
- Worry is an issue of trust.

Five Keys for Combating Worry:

1. Know that my life is more than _____.

"For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing?" Matthew 6:25

"The Kingdom of God isn't about eating or drinking... but about righteousness, peace, and joy in the Holy Spirit." Romans 14:17

"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?" Matthew 6:26

2. Try not to control the uncontrollable.

"Can any one of you by worrying add a single hour to your life?" Matthew 6:27

3. Look and listen to God's creation.

"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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?" Matthew 6:28-30

"The heavens declare the glory of God; the skies proclaim the work of his hands." Psalm 19:1

4. Be preoccupied with God's Kingdom.

"What time I am afraid, I will call upon the name of the Lord." Psalm 56:3

"Seek the Kingdom of God above all else...and he will give you everything you need." Matthew 6:33

5. Live day by day.

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7

"Peace I leave with you, my peace I give unto you: not as the world gives. Let not your heart be troubled, neither let it be afraid."

John 14:27