

LIVING UPRIGHT IN AN UPSIDE DOWN WORLD**#17 – HOW TO WIN OVER WORRY**

MATTHEW 6:25-34, PHILIPPIANS 4:6-7

Intro: *Are you under a lot of stress? Are you worried about current problems or future uncertainties? Jesus offers the keys on how you can win over worry.*

(Jesus said) "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 important than food, and the body more important than clothes? 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? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies 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, O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them." *Matthew 6:25-32*

I. Analyze Your Worry

- **What Worry Is** - It is the negative, _____, and undue concern over the improbable (the what-ifs of life) or the uncontrollable in life which causes anxiety and stress.
- **What You Worry About** -
 - 1) We worry about our _____ needs in life.
 - 2) We worry about an uncertain and insecure future.
 - 3) We worry about the _____ of life.
 - 4) We worry about getting "more" in life.
- **How To Evaluate Your Worry** -
 - 1) Can you _____ the problem?
 - 2) Have you overreacted to the problem?
 - 3) _____ do you worry about the problem?

II. Realize God's Perspective on Worry

- **Don't Worry!** Just _____ it! You can and must make the choice. It takes work and time.
- **Life is more than our earthly needs** – When we worry about earthly needs, we develop a survivor mentality, and miss out on all of God's _____ opportunities and your potential in life. We look, act and live no differently than non-believers. (vs. 25)
- **Our worry is a lack of trust in God** - We are saying by our worry is that we _____ believe God is really our Heavenly Father, knows our true needs, and will take care of us. This hurts and offends God. (vs. 30).
- **Worry does not add to life, in quantity or quality** -
 - 1) It's _____ - It makes no positive difference.
 - 2) It's _____ - It takes away from our quality of life, our joy, and peace of mind. It can also take way from the quantity of life, by causing physical stress and problems. (vs. 27)

(Jesus said) "But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Matthew 6:33-34

III. Revise Your Life For Worry-Free Living

- **Trust in God to take care of you** – _____ to believe that God is in control and cares for you as our Heavenly Father, and will take care of our needs. Memorize and repeat scriptures that help you believe this.
- **Do your part in your life** - Caution: "Not worrying" is not synonymous with "not caring," laziness, or taking no _____ in life. Give attention to things in life that you can do and should change based on God's wisdom and guidance.
- **Focus on God's kingdom and righteousness is your first priority** -
 - 1) We should focus on doing our part to _____ and expand God's kingdom.
 - 2) We should focus on developing our righteousness to where our character and life reflects Christ's.
- **Live for today, don't worry about tomorrow** - By worrying about _____ issues, we miss the opportunities and blessings God has for us in the here-and-now. (vs. 34)
- **Accept that troubles will happen** - God doesn't _____ us that trusting in Him will protect us from all of life's problems, troubles, and evils, but that He is in control and will guide and provide in our lives.(vs. 34)

Do not be anxious about anything, but in everything, 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.

Philippians 6:6-7

IV. Exercise God's Prayer-Care Process

- **Pray** – Spend time in God's _____. This includes active praying, passive listening, and personal worship.
- **Petition** – Give your _____ to God, and ***leave them there***. They aren't your problems any longer. Spiritually listen for His responses.
- **Thanksgiving** – Thank God for what He has _____ and will do for you. This reminds you of how God has already provided for you.
- **Peace** – When in quality prayer, you will experience God's peace and comfort, even in the midst of problems. No need to worry.

Note: If your worry continues to be excessive, unrelenting, and chronic, please talk to the pastor for further professional help with your anxiety.

Answers: I. Excessive; earthly; problems; change; why. II. Stop; spiritual; don't; useless; harmful.
III. Choose; responsibility; build; future; promise. IV. Presence; needs; done.