

Overcoming Worry

INTRODUCTION

I. Why do we worry?

II. Why we shouldn't worry (Matt. 6:25-32)

A. God will _____ (Matt. 6:25-26, 28-30)

The difference between legitimate concern and worry (1 Cor. 7:32-34)

³² But I want you to be free from concern. One who is unmarried is concerned about the things of the Lord, how he may please the Lord; ³³ but one who is married is concerned about the things of the world, how he may please his wife, ³⁴ and *his interests* are divided. The woman who is unmarried, and the virgin, is concerned about the things of the Lord, that she may be holy both in body and spirit; but one who is married is concerned about the things of the world, how she may please her husband. 1 Corinthians 7:32-34 (NASB)

B. Worry does not _____ (Matt. 6:27)

C. Worry is a characteristic of _____ (Matt. 6:31-32)

III. How to overcome worry.

A. Make sure you have the right _____ (Matt. 6:33)

B. Live in the _____ (Matt. 6:34)

C. Pray _____ about what worries you (Phil. 4:6-7)

⁶Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7