

Frequently Asked Questions
Today - How can I stop worrying?
November 10 & 11, 2007

Worry

- The English word means “to choke or strangle”
- The New Testament word means “divided mind”

What Jesus said about worry

1. Worry is irrational

- ***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? Matthew chapter 6 verse 25 (737)***

2. Worry is unnatural

- ***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? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. Matthew chapter 6 verses 26, 28, 29 (737)***

3. Worry doesn't change anything

- ***Can all your worries add a single moment to your life?***
Matthew chapter 6 verse 27 (737)
- Worry does nothing to improve your quality of life!
- It doesn't make you taller or shorter or thinner or bigger or smarter or richer
- It can't change the past & it can't control the future
- It doesn't bring you one inch closer to a solution
- It DOES rob you of today's joys
- ***Worry weighs a person down... Proverbs chapter 12 verse 25 (489)***
- ***A peaceful heart leads to a healthy body... Proverbs chapter 14 verse 30 (491)***

4. Worry is unnecessary

- ***And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, He will certainly care for you. Why do you have so little faith?***
Matthew chapter 6 verse 30 (738)
- ***This same God who takes care of me will supply all your needs from His glorious riches.... Philippians chapter 4 verse 19 (901)***

How do I stop worrying?

1. Get to know God

- ***These things dominate the thoughts of unbelievers... Matthew chapter 6 verse 32 (738)***
- ***Jesus said, "Don't let your hearts be troubled. Trust in God, and trust also in Me."***
John chapter 14 verse 1 (823)

2. Put God first in every area of my life

- ***So don't worry about these things...your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need. Matthew chapter 6 verses 31 - 33 (738)***
- Worry is a sign that something else is #1 in my life

3. Live one day at a time

- ***So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today. Matthew chapter 6 verse 34 (738)***
- It's OK to plan for tomorrow...but when I worry about tomorrow, I miss out on today's blessings...and the future gets overwhelming!

4. Trust God to care - ***Give all your worries and cares to God, for He cares about you.***

1 Peter chapter 5 verse 7 (937)

How?

Memorize God's promises to you

- ***God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy chapter 1 verse 7 (914)***
- ***I can do everything through Christ, who gives me strength.***
Philippians chapter 4 verse 13 (901)
- ***If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking. James chapter 1 verse 5 (930)***

Pray

- ***Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.***

Philippians chapter 4 verse 6 (901)

Remind yourself of God's past provision & faithfulness

Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians chapter 4 verse 7 (901)

This study is based on the "Hard Questions" study from Saddleback Church in California where Rick Warren is the lead pastor. Rick is the best-selling author of The Purpose Driven Life and Saddleback is a dynamic church that God is working through to change tens of thousands of lives and churches around the world. Visit them at www.Saddleback.com