

OVERCOMING HEART PROBLEMS

Based on a study by Wendell Winkler

Lesson 9 - Overcoming Worry



Intro: Maybe the above situation is a good time to worry, but too much worry is not how God wants us to live. Some people become "Chronic Worriers". If they don't have a job, they worry; if they have a job, they worry about keeping it. If they don't have a car, they worry; if they have a car, they worry about keeping it running. If they have no money, they worry; if they do have money, they worry about "where it all went". If they are sick, they worry; if they are well, they worry about their next medical crisis! One worrier said to that other, "I have so many troubles that if anything happened to me today, it would be two weeks before I can get round to worrying about it"! We have to be careful to not let common concerns turn into uncontrolled cares and anxieties! For example, our concerns about automobile accidents should make us drive safely, not quit driving for fear of accidents. Our concerns for our health should help us make healthy decisions about life, not give up on life. Let's take a look at what the bible says about worry.

1. The Futility of Worry

- Some people worry about things that have already happened.
- Some people worry over things that will inevitably happen.
- Some people worry about things that will never happen

What is the futility of all three of these situations? What causes us to worry?

2. Matt. 6:24-34: Jesus' Classic Text on Worry:

Read the text. We learn that worry is:

- UN..... *...Eat...Drink...Wear...Your heavenly Father knows that you need them all(31ff)*
- C.....*...birds of the air...your heavenly Father feeds them Are you not of more value than they?*
(26)
- P.....TED. *...do not be anxious. (25,31,34)*

- UN_____ UAL. *For the Gentiles seek after these things, and your heavenly Father knows that you need them all. (32)*
- F_____ LESS. *...O you of little faith. (30)*
- F_____. *And which of you by being anxious can add a single hour to his span of life? (27)*

3. Why Worry Is a Sin:

- A disregard for the _____ of God. (Matt.6:24-34, Phil.4:6,7, 1 Pet.1:13)
- It is bad for our H_____. (1 Cor.6:19-20)
- Worry robs us of our J_____, H_____, and our P_____.
- It hurts our P_____ life. (James 1:5-6, Mk.11:24)

4. How to Overcome Worry:

- Make up your mind you are going to C_____ it!
- Form the right relationship with G_____ and M_____!
- Develop the right A_____!
- Do what you C_____ and turn the rest over to G_____!
- Live your life O_____ day at a T_____!
- Cultivate your F_____ and a realistic T_____ in God! *Faith is the great antidote to care!*
- Engage in purposeful K_____ work!
- Live your life free from G_____ and S_____.
- Take it to the Lord in P_____!

Next Lesson: Overcoming Hatred!