

Creatures of Habit

Week 3: January 18th & 21st - Worry

“Worry does not empty tomorrow of its sorrow, it empties today of its strength.” - Corrie Ten Boom

Proverbs 12:25 - Worry weighs a person down.

Worry defined: mental distress or agitation resulting from concern usually for something impending or anticipated

Worry is faith in the negative, trust in the unpleasant, assurance of disaster and belief in defeat

Matthew 6:25-34 - 25 *“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? 26 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? 27 Can all your worries add a single moment to your life?*

28 “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, 29 yet Solomon in all his glory was not dressed as beautifully as they are. 30 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?

31 “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. 34 “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”

Jesus Is Enough!

Philippians 4:19 - *And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.*

We are willing to trust God with our souls, but not with our worries!

Worry tells God, “I don’t trust you to take care of this problem, so I am going to hold on to it!”

OWN IT:

- 1. Identify your worries**
- 2. Make sure God is the center of your life**
- 3. Live one day at a time**
- 4. Be a problem solver**