

WHY DO WE WORRY

Philippians 4:6-7

Worry : To think about problems or fears, to feel or show fear and concern. Because you think that something bad has happened or could happen. (To torment oneself with or suffer from disturbing thoughts - fret)

Worrying accomplishes nothing. Worrying is a waste of very precious time. Worrying won't help you solve a problem, or bring about a solution, so why waste time and energy on it. Worrying is destructive to us in many ways. It becomes a mental burden that can cause us to grow physically sick. Worrying puts your mind in the wrong direction. Some of us worry about things we can fix so fix it and quit worrying about it.

1. Philippians 4:6-7

A. Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your request be made known unto God . And the peace of God , which passeth all understanding , shall keep your hearts and minds through Christ Jesus .

B. Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel.

2. 1 Peter 5:7

A. Casting all your care upon him; for he cares for you

B. Give all your worries to him, because he cares for you.

3. Philippians 4:13

A. I can do all things through Christ which strengtheneth me

B. I can do all things through Christ because he gives me strength.

*** Worrying is like a rocking chair it keeps you moving but doesn't get you anywhere**

4. Proverbs 12:25

A. Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.

B. Worry can take away a person happiness. But a kind word can make a person happy .

*** If you don't want to be happy just keep on worrying.**

*** Sorrow looks back, worry looks around but faith looks up.**

5. Matthew 11:28-30

A. Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you , and learn of me ; for I am meek and lowly in heart : and ye shall find rest unto your souls . For my yoke is easy, and my burden is light .

B. Come to me all you people that are tired and heavy burdens. I will give you rest. Accept my work and learn from me. I am gentle and humble in spirit. And you will find in your souls. Yes, the work that I ask you to accept is easy. The burden I give you to carry is not heavy.

*** If a problem is fixable and if a situation is such that you can do something about it, then there is no need to worry (fix it) there is no benefit in worrying what so ever.**

6. John 14:27

A. Peace I leave with you , my peace I give unto you ; not as the world giveth , give I unto you . Let not your heart be troubled, neither let it be afraid.

B. I leave you peace. It is my own peace I give you. I give you peace in a different way than the world does. So don't be troubled. Don't be afraid.

*** How would life be different if we stopped worrying about the things we cannot control and start focusing on the things we can change.**

7. Luke 1:37

A. For with God nothing shall be impossible

B. God can do anything

*** Why are we worrying?**

8. Matthew 6:27

A. Which of you by taking thought can add one cubit unto his stature?

B. You cannot add any time to your life by worrying about it.

9. Psalm 94:19

A. In the multitude of my thoughts within me thy comforts delight my soul.

B. I was very worried and upset. But Lord, you comforted me and made me happy!

*** Why are we worrying?**

*** Whatever is going to happen will happen, whether we worry or not**

*** The more we pray, the less we panic**

10. Isaiah 41:10

A. Fear thou not ; for I am with thee : be not dismayed ; for I am thy God : I will strengthen thee ; yea , I will help thee ; yea , I will uphold thee with the right hand of my righteousness .

B. Don't worry, I am with you. Don't be afraid, I am your God. I will make you strong . I will help you. I will support you with my good right hand.

*** The time that we spend on worrying we should be using that time for prayer**

I pray that something has been said today , that will help each and everyone of us with the problem of worrying . It does not help anyone not even the one that is doing the worrying .

There are five things we must do to become a Christian

Hear the word, **Believe** what you have heard, **Repent**, **Confess** and be **Baptized**

Shall we stand while we sing the song of Invitation?