

Life Strategy #5 Overcoming Worry

William R. Inge defined worry as "interest paid on trouble before it becomes due." J. Stephen Lang(1) states "Worry is the great plague of life, both for believers and unbelievers. It crosses all educational and economic and racial boundaries. It is human to worry, to fret, and to fear something in the future." However, we know from our past studies that worry is not a requirement in life. For the believer, we have a better way, a better hope. We can face any difficulty because of our confidence in the Lord.

"Those who are righteous will be long remembered. They do not fear bad news; they confidently trust the LORD to care for them. They are confident and fearless and can face their foes triumphantly."

Psalm 112:6-8

Warren Mueller, in his book *Truth Seekers – Straight Talk From The Bible(2)*, states the following: "Worry is proportional to our sense of security. When life is going as planned and we feel safe in our life routines, then worries subside. Likewise, worry increases when we feel threatened, insecure or are overly focused on and committed to some result 1 Peter 5:7 says to cast your cares upon Jesus because He cares for you. **The practice of believers is to take our worries to Jesus in prayer and leave them with Him.** This reinforces our dependence on, and faith in Jesus."

When we remember what we learned from our last study, we can fill our hearts and minds with an assurance that he will never leave us or forsake us. He will never leave us "hung out to dry". In his time He will make all things right. He will cause all things to work together for our good. **All we need to do is to trust Him, and keep worry from taking hold.**

Let's take a look at worry and how to overcome it. We don't have to be a slave to it. We can be free from worry as we keep God first, renew our minds, and live life one day at a time.

The Truth About Worry

1. Worry Is Illogical

“Do not worry about life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?”

Matthew 6:25

2. Worry is Unnatural

“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are not you much more valuable than they?”

Matthew 6:26

“And why worry about clothes? Look at the field lilies! They don’t worry about theirs. Yet king Solomon in all his glory was not clothed as beautiful as they.”

Matthew 6:28-29 (LB)

3. Worry is Non-productive

“Who of you by worrying can add a single hour to his life?”

Matthew 6:27

4. Worry is Faithless

“And if God cares so wonderfully for flowers that are here today and gone tomorrow, won’t He more surely care for you, O you of little faith?”

Matthew 6:30 (LB)

Steps for Overcoming Worry

1. Give God and His Word First Place in every area of my life.

“For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

Matthew 6:32-33 (NKJ)

“In everything you do, put God first, and he will direct you and crown your efforts with success.”

Proverbs 3:6 (TLB)

Any area of your life where God is not put first, is going to be a source of worry.

2. Live One Day At A Time

“So don’t worry about tomorrow, because tomorrow will have its own worries. Each day has enough troubles of its own.”

Matthew 6:34 (NCV)

3. Think & Focus on the right things.

“Finally brethren, whatever things are true, noble, just, lovely, of a good report. If there is any virtue, anything praiseworthy, meditate on these things.”

Philippians 4:8

“You will keep the man in perfect peace whose mind is kept on You, because he trusts in You”

Isaiah 26:3 (NLV)

4. **Trust God To Take Care Of You And Your Circumstances.** **Don't Panic, Pray.**

“Don't worry about anything; instead pray about everything; tell God your needs... if you do this, you will experience God's peace, which is far more wonderful than the human mind can understand.”

Philip. 4:6-7 (LB)

“You can throw the whole weight of your anxieties upon Him, for you are His personal concern!”

1Peter 5:7 (PH)

“Since God didn't spare even His own Son for us, but gave Him up for us, won't He surely give us everything else?”

Romans 8:32 (LB)

NOTES

Worry means, “To choke or strangle”

(1) The Book of God's Promises, (1999). J. Stephen Lang, Living Books

(2) *Truth Seeker - Straight Talk From The Bible*, (2007). Warren Mueller, American Book Publishing Group.

52% of the things we worry about never happen. (40% general 12% health concerns)

30% of the things we worry about concern the past.

10% of the things we worry about are petty issues.

8% of the things we worry about are legitimate concerns.

Psalms 145:14-16

Proverbs 12:25