LIFE IN THE WORD SERIES

MANAGING OUR EMOTIONS

LESSON 14:

WINNING AGAINST WORRY (PART 1)

Foundation Scripture
Matthew 6:25-26

“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?”

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"No one can pray and worry at the same time."

Scripture Lesson
Matthew 6:25-27

“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?”

WORRY means "to strangle, to choke, or to seize by the throat." Being drawn in different directions so as to be distracted.

"Worry does not empty tomorrow of its sorrows; it empties today of its strength."

Four Weaknesses of Worry:

1. Worry is a Waste.
Matthew 6:25-26

"Worry is a total waste of time. It doesn't change anything. All it does is steal your joy and keep you very busy doing nothing."

2. Worry Doesn't Work.
Matthew 6:27

Proverbs 12:25

An anxious heart weighs a man down, but a kind word cheers him up.

* 40% NEVER HAPPENS
* 30% CONCERNS THE PAST
* 12% ARE NEEDLESS WORRIES ABOUT HEALTH
* 10% ARE ABOUT PETTY ISSUES
* 8% ARE LEGITIMATE CONCERNS

"Lost time is never found again."

3. Worry Causes Us To Waver.
Matthew 6:28-31

Luke 21:34

"Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life..."

4. Worry Wipes Out Our Witness.
Matthew 6:31-32

"Anxiety is atheism in action."

1 Peter 5:7

Cast all your anxiety on Him because He cares for you.

The Greek word for CAST is epiripto.

The word epi means upon, as on top of something.

The word ripto means to hurl, to throw, or to cast, to violently throw or to fling something with great force.

The word "CARE" in the Greek means to be concerned; to be thoughtful; to be interested; to be aware; to notice; or to give painful and meticulous attention.

1 Peter 5:7
(The Greek Renedition)

"Take that heavy burden, difficulty, or challenge you are carrying — the one that has arisen due to circumstances that have created hardship and struggles in your life — and fling those worries and anxieties over onto the back of the Lord! Let Him carry them for you!"

"God is the kind of God who is strong enough, wise enough, good enough to take onto His strong shoulders your concern."