

## How To Overcoming Worry

### Make Up Your Mind You Are Going To Conquer It

- \* A little girl explained why she was happy today, & not on another given day:
  - "Today I pushed my thoughts around, & the other day I let my thoughts push me around."
- \* Abraham Lincoln, "I have been about as happy as I have made up my mind to be."

### Get the Facts

- \* Write down precisely what I am worrying about.
- \* Paul gathered the facts about churches he was concerned for & made sure those who were concerned about him were sent the facts.
- \* Write down what I can do about it.
- \* Deciding what to do. Come to a decision.
- \* Starting immediately to carry out that decision.
- \* Once a decision is carefully reached, act!
- \* Be prepared to face the worst
- \* Calmly proceed to improve on the worst. **Acts 20:22-24**

### Form the Right Relationship With God & Man

- \* **Phil. 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.**
- \* **v. 1 Therefore, my beloved brethren whom I long to see, my joy and crown, in this way stand firm in the Lord, my beloved.** (the right relationship with the Lord);
- \* **vs. 2 I urge Euodia and I urge Syntyche to live in harmony in the Lord.** (the right relationship with others).
- \* The man with assurance he is right with God & not "on the outs" with his fellowmen usually has few worries.

### Count Your Blessings

- \* Look for the silver lining.
  - Do not concentrate on the little black dot on the sheet of paper & fail to see all of the white that remains.
  - Always give thanks - others have it worse
  - **1 Thess. 5:16-18 Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus.**
  - Would you take a million dollars for what you have?
  - Count your blessings not your troubles!

### Do Not Manufacture Problems & Troubles

- \* Ulcers are things people get from mountain climbing over molehills.
- \* Worry - an old man with bended head, carrying a load of feathers he thinks are lead.
- \* Don't be upset by the small things we should despise & forget.
- \* Remember "Life is too short to be little."
- \* Only one thing is needed, **Lk. 10:38-42** God's will - salvation

## Do Not Manufacture Problems & Troubles

- \* Put a stop-loss order on worries
- \* How much does this thing really matter to me?
- \* At what point will I set a "stop-loss" order & forget it?
- \* Have I already paid more than it is worth?

## Do What You Can & Turn the Rest Over to God

- \* Worried over being hampered due to a lack of education, then do what you can to correct it & leave the rest to God.
- \* Worried over having stolen something years ago, do your best to make restitution & leave the remaining consequences to God.
- \* "Do your best, & leave God the rest," is a good motto.
- \* We should be free from anxiety because of the Lord's proximity, **Phil. 4:5, 6 Let your forbearing spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.**

## Live One Day at a Time

- \* Live in Day-tight compartments
- \* **Matt. 6:11 'Give us this day our daily bread.**
- \* **Matt. 6:34 "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.**
- \* Yesterday is buried & tomorrow is unborn.
- \* Do not put off living in the present to worry about the future or to yearn for some rose garden over the horizon.
- \* The best way to prepare for tomorrow is to fulfill the duties of today.
- \* Live nobly today. "Seize the day" to get the most out of these 24 hours.

## Cultivate a Faith & Realistic Trust in God & his Promises

- \* Faith is the great antidote to worry.
- \* "In God We Trust" needs to be written on our hearts
- \* Paul Acts 27:25 **Therefore, keep up your courage, men, for I believe God that it will turn out exactly as I have been told.**
- \* God's Promises Rom. 8:28 **And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.**  
**Phil. 4:19 And my God will supply all your needs according to His riches in glory in Christ Jesus.**  
**Eph. 3:20 Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us,**

## Cultivate a Faith & Realistic Trust in God & his Promises

- \* **Ps 46:1, 2 God is our refuge and strength, A very present help in trouble. Therefore we will not fear, though the earth should change And though the mountains slip into the heart of the sea;**
- \* **Ps 84:11 For the LORD God is a sun and shield; The LORD gives grace and glory; No good thing does He withhold from those who walk uprightly.**
- \* **Heb 13:5, 6 Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU," so that we confidently say, "THE LORD IS MY HELPER, I WILL NOT BE AFRAID. WHAT WILL MAN DO TO ME?"**

## Cultivate a Faith & Realistic Trust in God & his Promises

- \* Believe in God's providence, **Ps. 55:22 Cast your burden upon the Lord, and He will sustain you; He will never allow the righteous to be shaken.**
  - Unload cares on one Who cares for us
- \* Eating bread of anxious toil, **Ps. 127:2 It is vain for you to rise up early, To retire late, To eat the bread of painful labors; For He gives to His beloved even in his sleep.**
  - Human efforts that leave out God are vain.
  - Trusting God rescues one from futile self-effort
- \* Mark promises in your Bible & observe their fulfillment in your life.
- \* You will be able to go back to each one of them & write in the margin of your Bible "proved."

## Engage in Purposeful Work

- \* In Eden, God saw the need for employment for happiness. **Gen. 2:15** Then the LORD God took the man and put him into the garden of Eden to cultivate it and keep it.
  - \* In heaven, God's servants will serve Him **Rev. 22:3** There will no longer be any curse; and the throne of God and of the Lamb will be in it, and His bond-servants will serve Him;
  - \* God wants man employed **2 Thess. 3:10** ... if anyone is not willing to work, then he is not to eat, either.
- Eph 4:28** ...but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need.

## Engage in Purposeful Work

**1 Tim. 5:8** But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.

**1 Tim. 5:13, 14** At the same time they also learn to be idle, as they go around from house to house; and not merely idle, but also gossips and busybodies, talking about things not proper to mention. Therefore, I want younger widows to get married, bear children, keep house, and give the enemy no occasion for reproach;

- \* The wise man has no time for worry, for in the daytime he was too busy & at night he was too sleepy.
- \* Keep busy: The worried person must lose himself in action, lest he wither in despair.

## Transfer Your Concerns to More Worthy Objects

- \* Make the church & its work the chief object of your concern.
- \* **Matt. 6:33** "But seek first His kingdom and His righteousness, and all these things will be added to you.
- \* **2 Cor. 11:28** Apart from such external things, there is the daily pressure on me of concern for all the churches.

## Live Your Life Free From a Sense of Guilt & Shame

- \* To do this, never violate your conscience.  
**Acts 23:1** Paul, looking intently at the Council, said, "Brethren, I have lived my life with a perfectly good conscience before God up to this day."
- \* **Acts 24:16; 1 Jn. 3:20, 21**
- \* Jesus possessed inner peace because He was infinitely good.
- \* Contrastingly, the wicked have no peace.  
**Isa. 48:22** There is no peace for the wicked," says the LORD.

## Live Your Life Free From a Sense of Guilt and Shame

- \* Free yourself from guilt past or present sins - practice the 4 R's:
  1. Repentance **Acts 8:22**
  2. Restitution **Lk. 19:8**
  3. Reformation **Rom. 6:4**
  4. Rejoicing, **Ps. 51:12**
- \* If you have stolen money, repent of it, return it, practice honesty & rejoice in divine forgiveness.
- \* If living in adultery, repent of it, put away your unlawful companion **Matt. 14:4**, live a life of moral uprightness & purity & rejoice in forgiveness.

## Take It to the Lord in Prayer

- \* As the area of prayer advances that of care recedes.
- \* "An eagle soaring in the upper air does not have to worry about how it will cross rivers,"
- \* **Phil. 4:6** Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.  
- present tense - action & progress at the present time
- \* nothing - stop continually worrying about even one little thing
- \* Yes, it is a sin to worry about anything

## Take It to the Lord in Prayer

- \* As Hezekiah took the threatening letter of Sennacherib & spread it out before the Lord **2 Kgs. 19:14**
- \* Cultivate the practice of taking matters, small or great & spreading them out before the Lord in prayer.
- \* **Phil. 4:7** And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.
- \* The peace of God "shall keep" our hearts.
- \* will guard - a military term
- \* God will send his peace which, as a garrison, will stand guard over our hearts, preventing the intrusion of anxious fears & alarms which, like enemies, seek to destroy us.

## Conclusion

- \* Memory test
- \* What were you worrying about a year ago?