

Lesson Three – Can I get off the Worry Wheel?

We're having fun now. Some people really worry when they don't have anything to worry about. Is there anyone here who has a habit of too much worry? Are there any spouses that would like to set the record straight? Just Kidding...

So we have talked about getting the victory over doubt and last week about how God has promised to give us an escape route from temptation.

Now let's look at how we can handle the issue of worry.

- What is worry? The dictionary says it is a state of anxiety, distress, apprehension and uncertainty over actual or potential problems.
- It is from the old English word *wyrgan* (strangle) and it gives the idea of that the subject(s) of one's worry is _____ the life of him.
- The Bible word for Worry is *Merimnao* and it means to "_____ the mind". Today's projects and _____ don't get enough attention because our minds are divided.

Mt 13:22 Now he who received seed among the thorns is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful.

Worry can choke out God's _____ in your life.

Jesus spoke about worry in the New Testament passages where the Sermon on the Mount is recorded. Matt 6.25-34. Jesus is covering various down to earth _____ issues in The Sermon on the Mount. He has just warned them about trying to serve God and money. That is what money will do to us if we are not careful; it will try to convince us that if we have enough money we don't _____.

Notice v.25, 32 & 34 all say don't worry. Jesus says it because he knows we do it.

1. Worry is _____.
 - a. v.25 says that God has given us life. If he can give us life he can give us the things we need to _____. God is arguing from the greater to the lesser. To say we believe God can create us but

he might not provide for us is very _____ even _____.

- b. v.26 – look at the _____. Folks there are a lot of birds. This is an argument from the lesser to the greater. If God cares so meticulously for the birds He will care for you because you and I are of far greater value to God than birds.
2. Worry is _____ (v.25-26)
 - a. It is not _____ to think that God can give us life but he can't sustain us. Mt 10:29-31
3. Worry _____ – you would think it did with the universal practice in spite of evidence to the contrary.
 - a. v.27 – worry cannot _____ to us. The verse reads... *Mt 6:27 Which of you by worrying can add one cubit to his stature?*
 - b. The first thought is, can a person add to his _____ by worrying about it?
 - c. The second thought is more about adding to your life specifically adding to the _____ of your life – longer life. Worry will certainly not lengthen your life but it may well shorten your life.
4. Worry is _____.
 - a. v.28-30 –
 - b. To worry is to ignore God's _____. V.28
 - c. To worry is to discount _____. v.29
 - d. To worry is a lack of _____ v.30 – Worry is a _____ problem. It is to doubt that God is _____ to provide, or it is to doubt that _____ our particular need, or even it is to doubt that he _____.
5. Worry is family _____.
 - a. V.31-32 – Pagans (here called gentiles) who have no _____ to God are given to worry. When we worry we act as though we are not in the _____; like God is not our _____. God knows our needs before we even ask.

Overcoming worry:

v.33 - _____ your Life totally to God. Put Him first; seek Him first; do His bidding first with you whole heart. Ps 37:4 -5

v.34 Commit to _____ one day at a time.

Don't borrow _____ from tomorrow. You will only diminish your efforts on today's problems.

Worry doesn't empty tomorrow of its sorrow but it does empty today of its _____.

La 3:22 Through the LORD's mercies we are not consumed, Because His compassions fail not. 23 They are new every morning; Great is Your faithfulness.

Finally:

- Don't _____ yesterday's sin
- Don't worry about tomorrow's _____
- Live _____ – by faith

Most Christians are being crucified between two thieves: yesterday's _____ and tomorrow's _____ (Warren Wiersbe).

Is 26:3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.