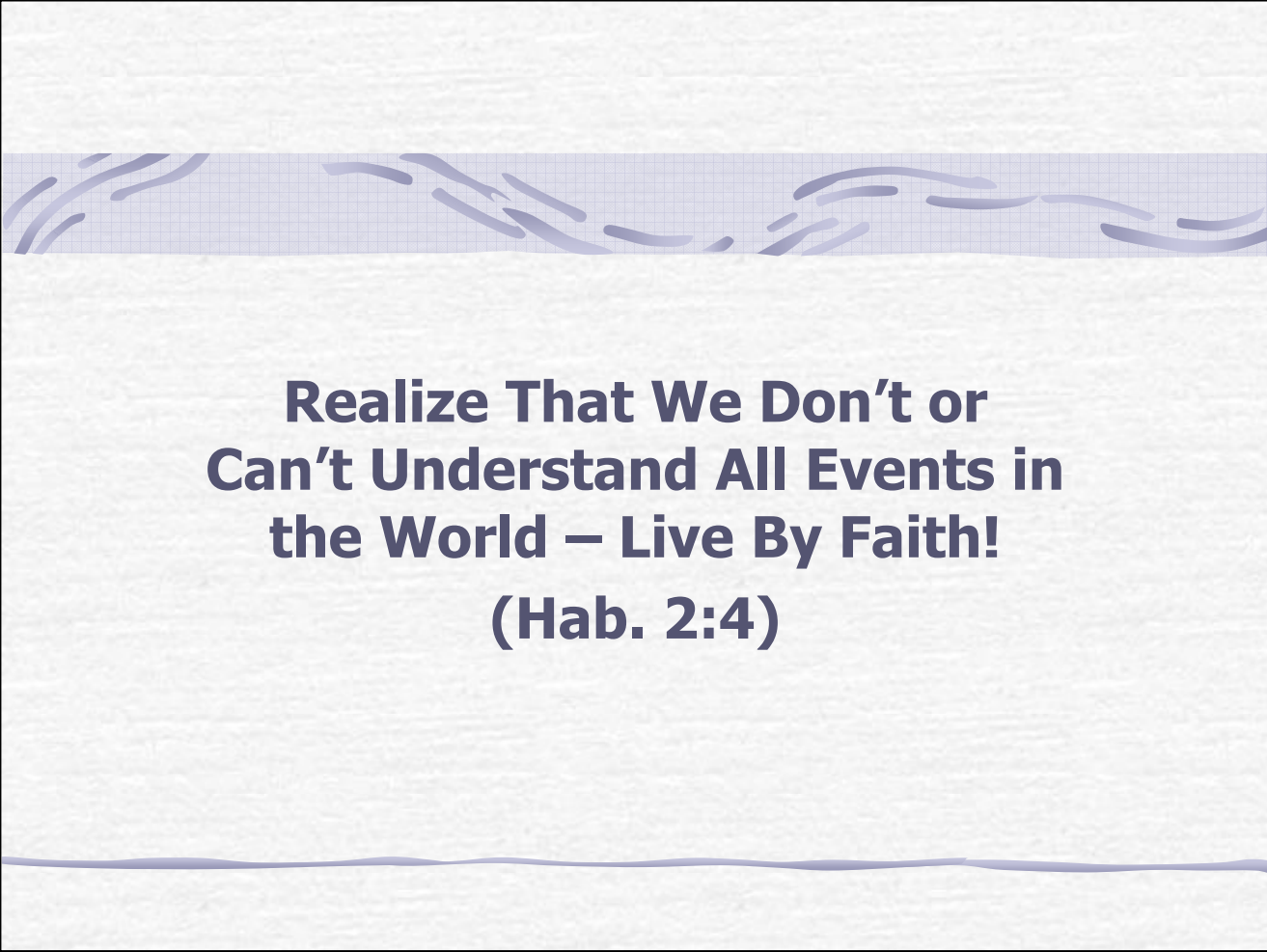




**Realize that God is in control
(Dan. 4:3, 17, 25-27, 34-35)**



**Realize That We Don't or
Can't Understand All Events in
the World – Live By Faith!
(Hab. 2:4)**

"Don't Worry"

Phil. 4:6-7

[6] Be *anxious for nothing*, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; [7] and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

What Is Worry?

Not:

- ✓ Concern
- ✓ Or planning for the future

But:

“Concern or solicitude concerning some event, future or uncertain, which disturbs the mind and keeps it in a state of painful uneasiness....”

Why Not Worry?

- ☛ **Robs us of joy ("Rejoice, again I say rejoice", v.4)**
- ☛ **Clutters our mind & thinking; hinders singleness of mind and clear thinking (implied in v.8; Col.3: 2)**
- ☛ **Robs us of peace and sense of well-being (implied in text)**

Why Not Worry?

- ☛ **Distracts us from serving God & helping one another by occupying our time & attention**
- ☛ **Hurts our influence for good**
- ☛ **Hurts us physically – *Produces stress***

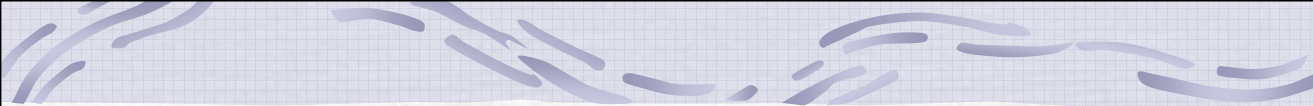
How to Overcome

Reason


- What good will it do?
- Some things you can't change (Matt. 6:27)
- Many things we worry about won't come to pass

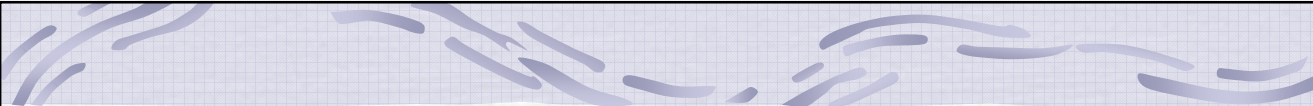
How to Overcome

- ✔ **Realize that God is in control (Dan. 4:34-35)**
- ✔ **Reason (Matt. 6:27)**
- ✔ **Think On The Right Things (Prov. 23:7; Phil. 4:8)**
- ✔ **Pray (Phil. 4:6; Dan. 6:10)**
- ✔ **Do the right things**




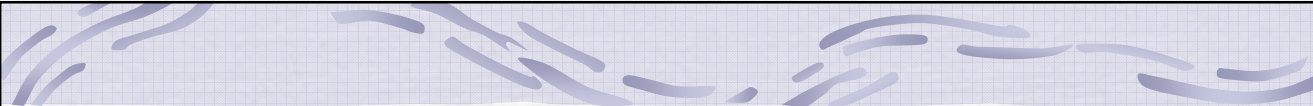
“Therefore humble yourselves
under the mighty hand of God,
that He may exalt you in due
time, casting all your care upon
Him, for He cares for you.”
(1 Pet. 5:6-7)





“Cast your burden on the LORD,
And He shall sustain you; He
shall never permit the righteous
to be moved.”
(Psa. 55:22)





Let your conduct be without
covetousness, and be content with such
things as you have. For He Himself has
said, "I will never leave you nor forsake
you."

So we may boldly say: "The Lord is my
helper; I will not fear. What can man do
to me?" (Heb. 13:5-6)

