

HOW TO  
**STOP WORRYING**  
AND  
**START LIVING**



A silhouette of a man in a dark, long-sleeved shirt and shorts, leaning forward and looking out at the ocean. The background is a sunset or sunrise over the water, with a warm, golden glow. The man's hands are clasped together in front of him.

**“Can it really be that simple?”**

# DO NOT WORRY!

- **Do Not Worry**

- We have every reason **NOT to WORRY!**
- **Matthew 6:5-8: Our Father knows our needs.**
- **Matthew 6:11: He will give us what we need.**
- **Matthew 6:19-21: He tells us what to avoid.**
- **Matthew 6:24, 33: He tells us to what to seek.**
- **Luke 12:29: Don't Keep Worrying**

# DO NOT WORRY!

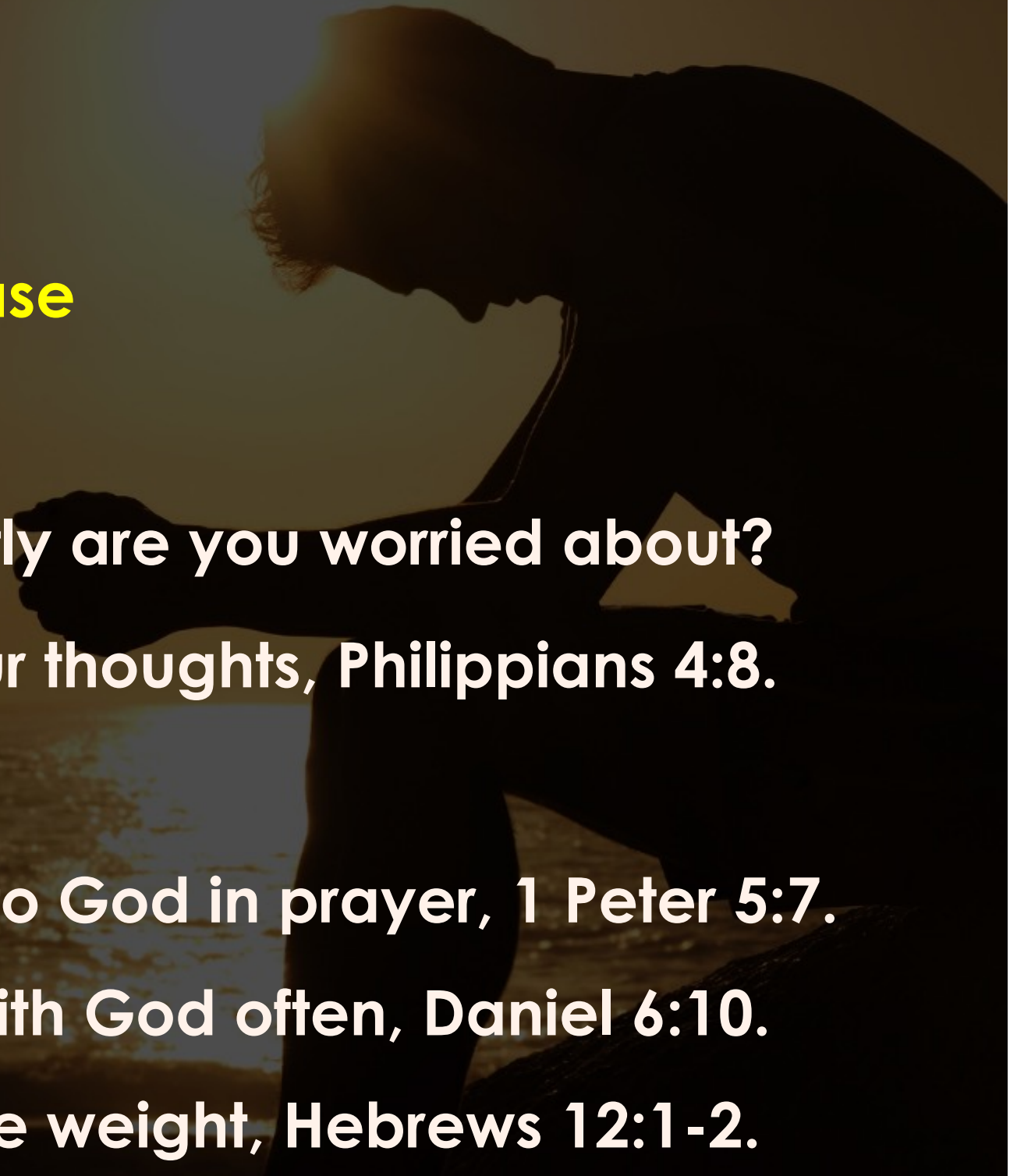
- **Catch and Release**

- **Catch**

- What exactly are you worried about?
- Control your thoughts, **Philippians 4:8.**

- **Release**

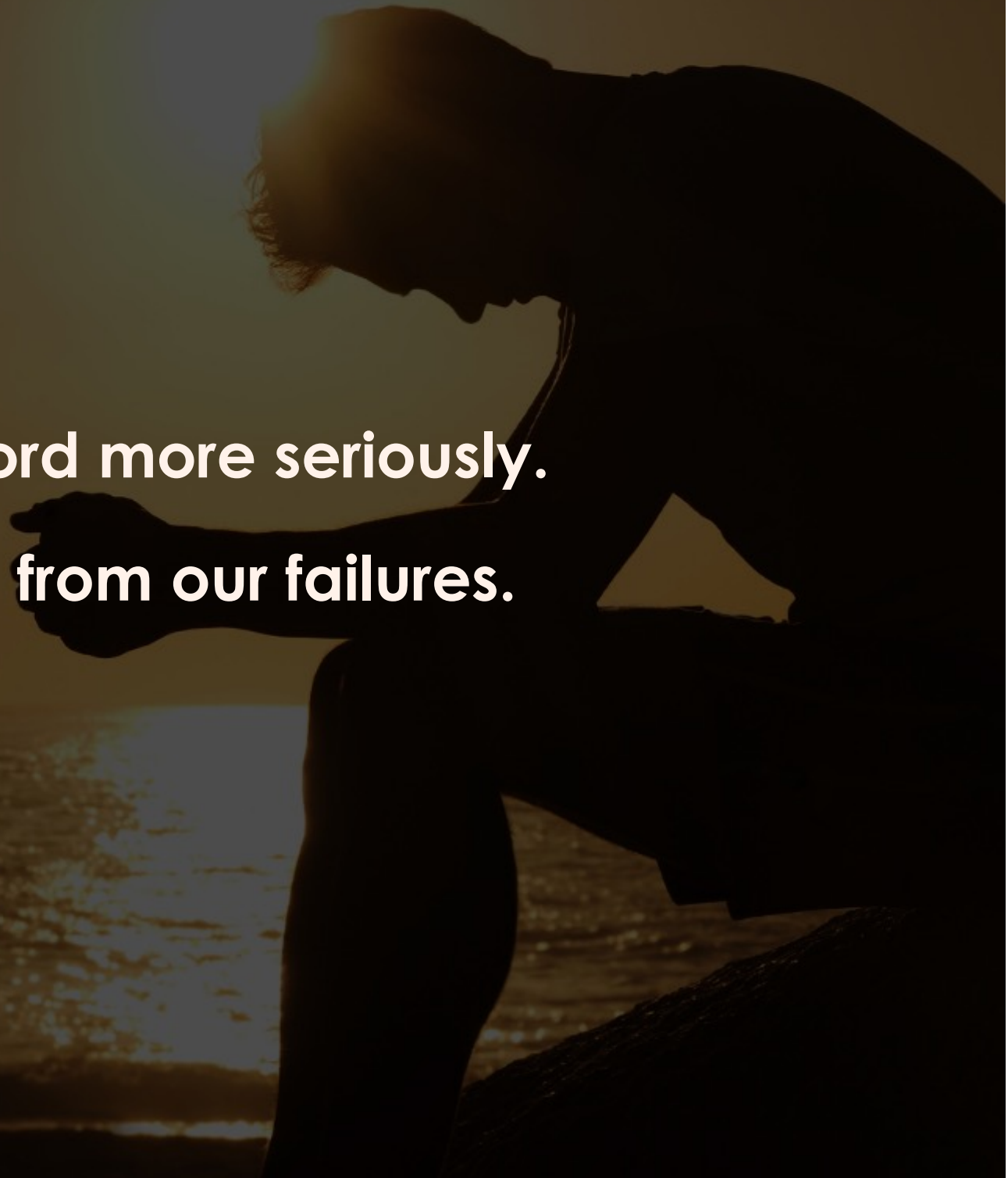
- Cast them to God in prayer, **1 Peter 5:7.**
- Check in with God often, **Daniel 6:10.**
- Let go of the weight, **Hebrews 12:1-2.**



# DO NOT WORRY!

- **Learn and Live**

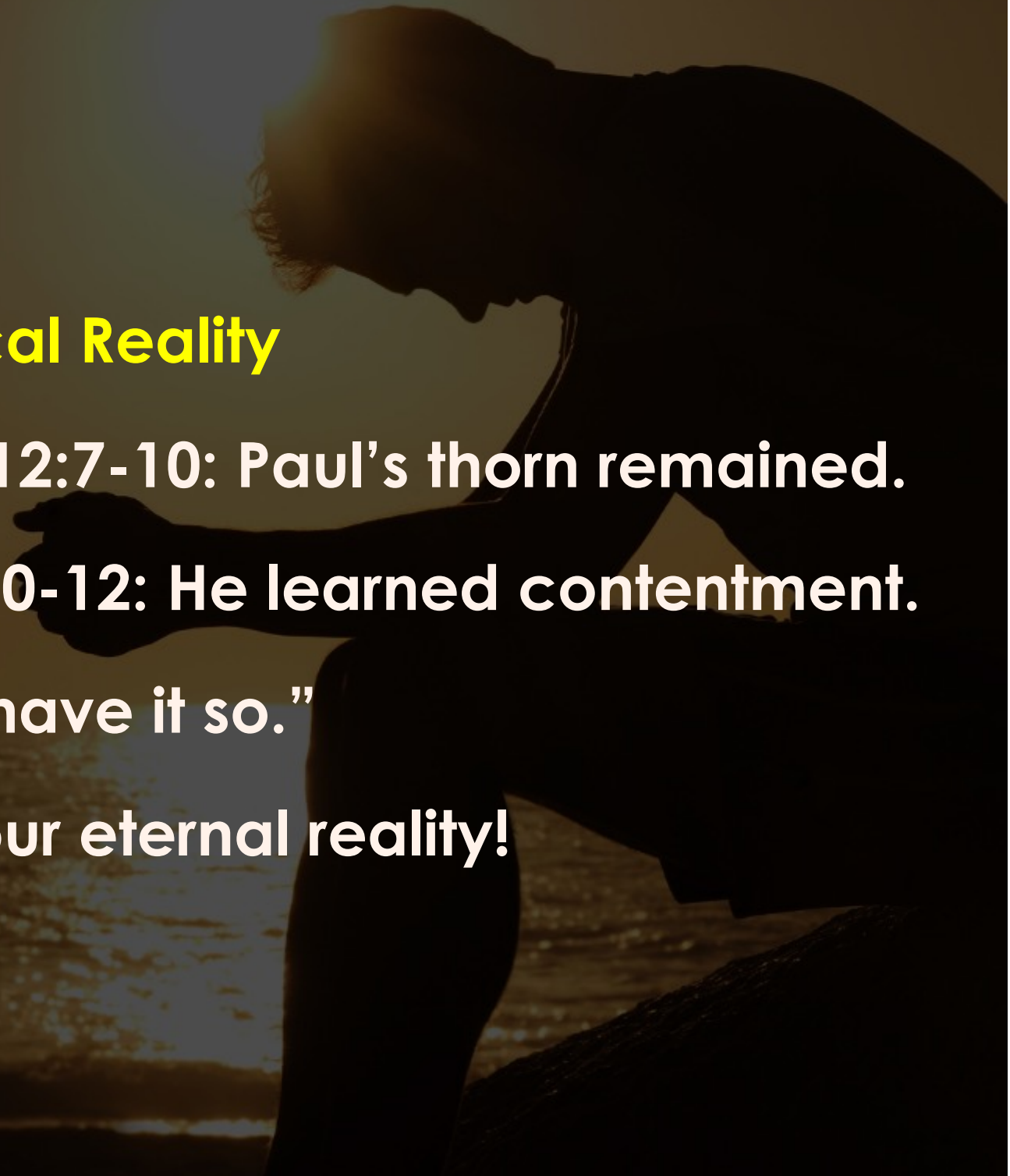
- Take God's word more seriously.
- We must learn from our failures.



# DO NOT WORRY!

- **Face your Physical Reality**

- 2 Corinthians 12:7-10: Paul's thorn remained.
- Philippians 4:10-12: He learned contentment.
- "Be willing to have it so."
- Remember your eternal reality!



# DO NOT WORRY!

- **Stay Busy**

- Acts 16:25: Worshipping God

- Acts 28:23-31 Acts 8:1-4: Teaching others



# DO NOT WORRY!

- **Surrender**

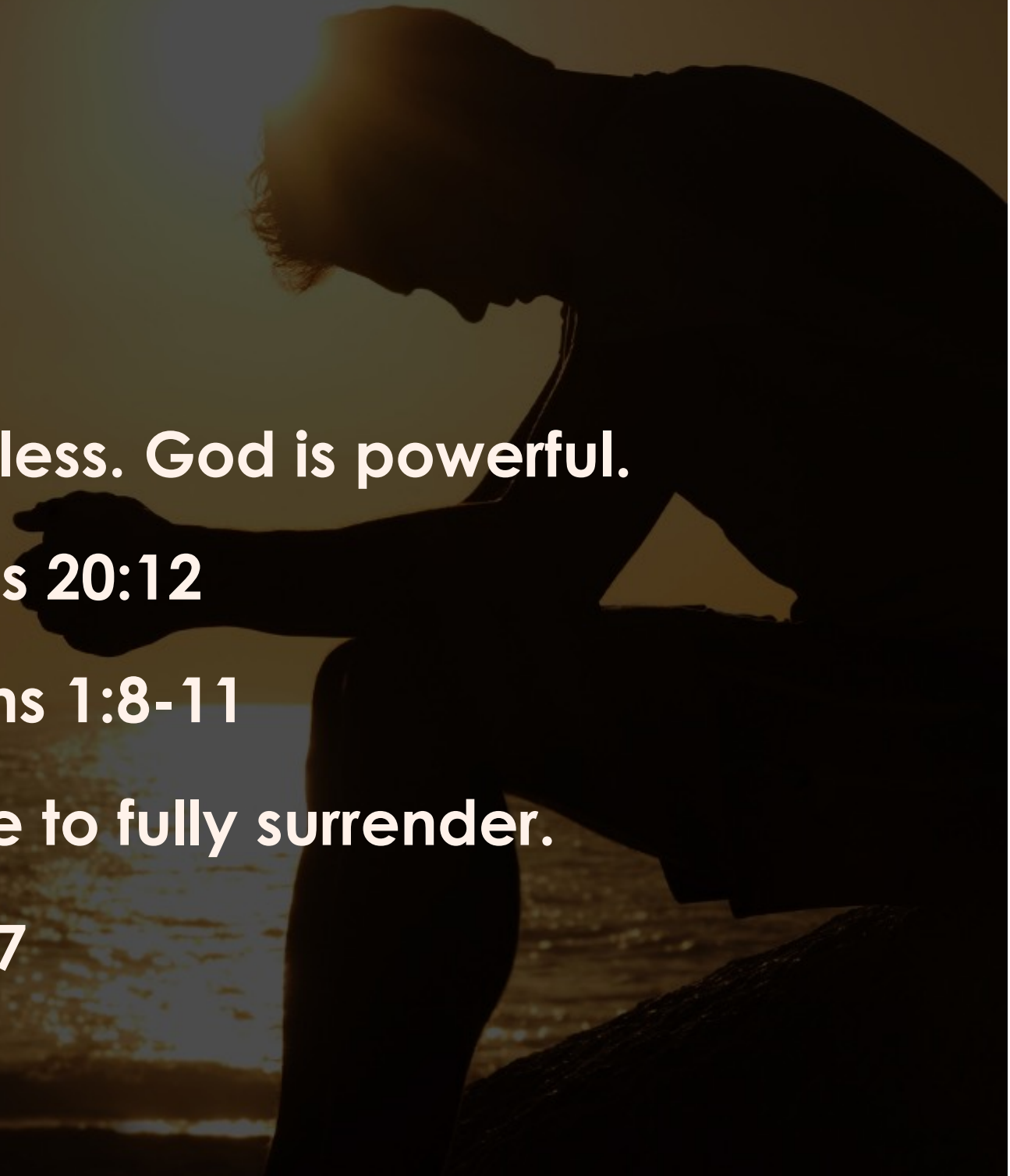
- We are powerless. God is powerful.

- 2 Chronicles 20:12

- 2 Corinthians 1:8-11

- Eliminate pride to fully surrender.

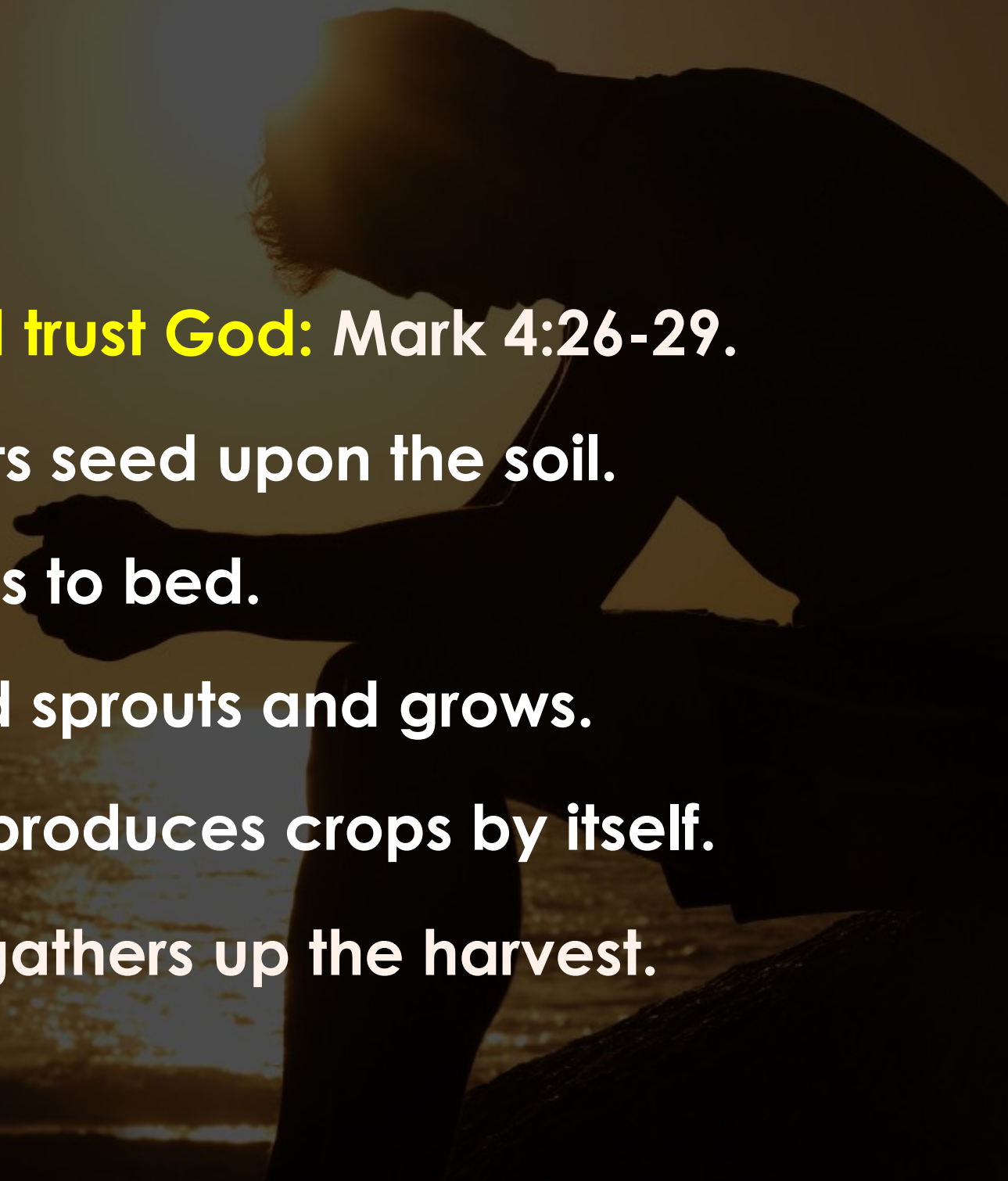
- 2 Peter 5:6-7





# DO NOT WORRY!

- **Do your part and trust God:** Mark 4:26-29.
  - **The man:** Casts seed upon the soil.
  - **The man:** Goes to bed.
  - **God:** The seed sprouts and grows.
  - **God:** The soil produces crops by itself.
  - **The man:** He gathers up the harvest.



# DO NOT WORRY!

- Do Not Worry
- Catch and Release
- Learn and Live
- Face your physical reality
- Stay Busy
- Surrender
- Do Your Part and Trust God

“Is it really possible?”

**YES!**

