

HOW TO
STOP WORRYING
AND
START LIVING



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**“And who of you by being
worried can add a single
hour to his life?”
Matthew 6:27**



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Worry: To be anxious, troubled with cares

- Weighs a person down, Proverbs 12:25
- Worry is the result of little faith, Matthew 6:30
- Worry is one tormenting themselves with disturbing thoughts (dictionary.com)
- People can be in a “state of worry.”
- “Worry shuts God out of the equation because the person depends on themselves.”
- Worry can lead to negative actions.



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- “Anxiety is a meteor shower of what-ifs.”
- “Anxiety and fear are cousins but not twins. Fear sees a threat. Anxiety imagines one.”
- “Instead of being stars and stripes, we’re the country of Stress and Strife.”
- “The presence of anxiety is unavoidable, but the prison of anxiety is optional.”

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Concern

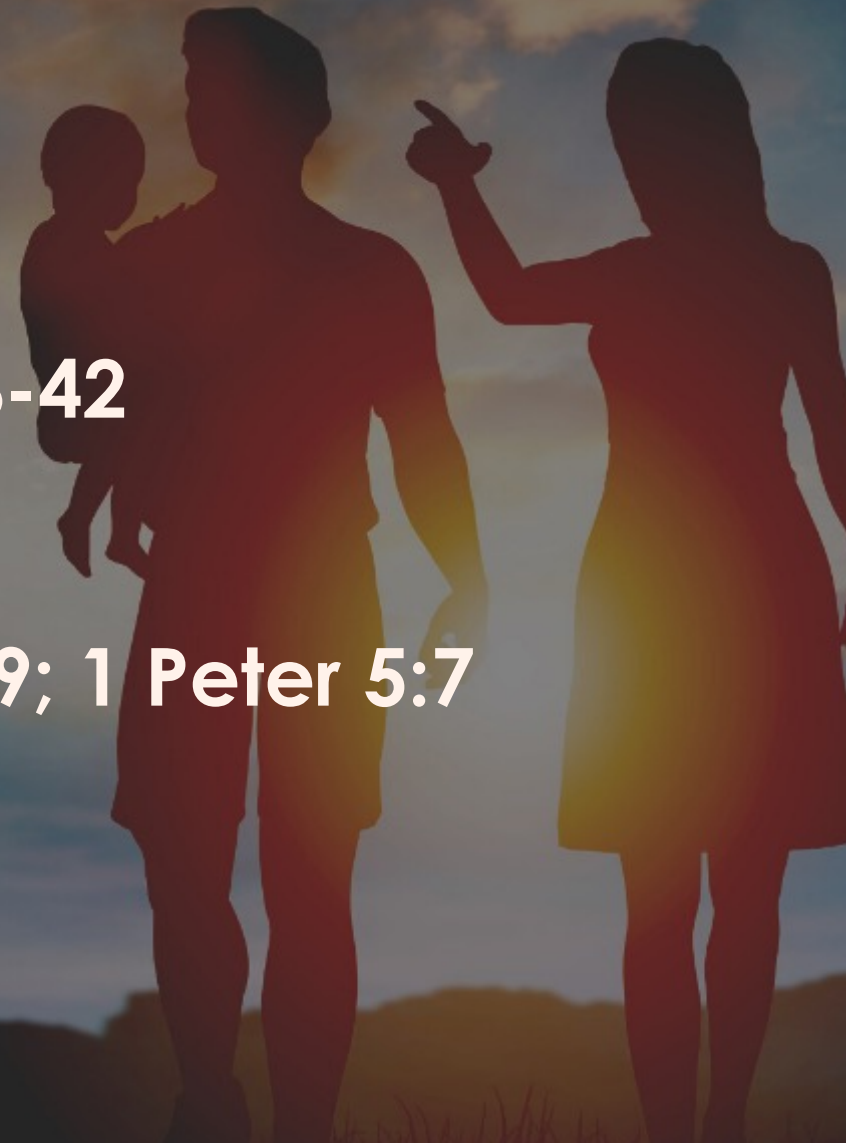
- “The difference between the two is how we face the trouble. How you handle a situation and how you think about it is where the distinction can be made.”
- Paul had concern for the churches, 2 Cor. 11:28. But he also prayed for them, Philippians 1:2-4; Colossians 1:9-11
- We are to cast our anxieties to God, 1 Peter 5:7

How to stop worrying about the past

- King David committed sin, 2 Samuel 12:7,13
- He confessed and repented, Psalm 32:1-5, 38:18
- David was forgiven by God, 2 Samuel 12:13
- There were consequences, 2 Samuel 12:14
- David moved forward, 2 Samuel 12:15-24
- God is faithful and righteous to forgive, 1 John 1:9

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How to stop worrying today

- Today, Matthew 6:11, 34
 - Stop and Listen, Luke 10:38-42
 - Rejoice, Philippians 4:4
 - Pray and Cast, Matthew 6:9; 1 Peter 5:7
 - Act, Matthew 5:23-24; 6:33
 - Observe, Matthew 6:28.
 - Meditate, Philippians 4:8.
 - Seek to Please God, Colossians 1:9-11
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- The background of the slide features a sunset sky with soft, golden light. In the foreground, the silhouettes of a family—a man, a woman, and a child—are visible. The man is on the left, holding the child, and the woman is on the right, pointing towards the horizon. They are standing on a grassy hill with mountains in the distance.

How to stop worrying about tomorrow

- Jesus said, “Do not worry about tomorrow.”
- Two big worries are MONEY and DEATH!
 - Matthew 6:19-24
 - “I think a greater problem for many is not that they disbelieve He will provide the necessities. Rather, they know He didn’t promise the luxuries.”

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- Two big worries are MONEY and DEATH!
 - Matthew 6:19-24
- Understanding God is in control, James 4:13-16.
- Accept the reality of death, Hebrews 9:27.
- Prepare for death, Mark 16:16.