

Defeating Worry

The Greek word for worry is "merizo" and it means to divide, to rip or tear apart.

An average person's worry is focused on...

40% -- things that will never happen

30% -- things about the past that can't be changed

12% -- things about criticism by others, mostly untrue

10% -- about health, which gets worse with stress

8% -- about real problems that will be faced

Matthew 6:25-34

25"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?

26Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27Who of you by worrying can add a single hour to his life?

28"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.

29Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

30If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?

31So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

32For the pagans run after all these things, and your heavenly Father knows that you need them.

33But seek first his kingdom and his righteousness, and all these things will be given to you as well.

34Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

1. Worry is defeated when you realize that worrying accomplish nothing!

Proverbs 12:25 - "An anxious heart weighs a man down."

2. Worry is defeated when you understand how much God cares about you!

Matthew 10:29-31 - "Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will. But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows"

Psalm 139:13-16 - "For you created my inmost being; you knit me together in my mother's womb... my frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be"

John 3:16 - "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. God loves each of us!

3. Worry is defeated when you start putting first things first!

Philippians 4:6 - "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

Phil. 4:6-7 - "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."