

Talk about the difference between worry and concern. How could you change your worries into concern that moves you to action?

Share about a time when you worried about something that didn't actually happen or wasn't as bad as you thought. How could that experience impact how you handle worry this week?

Listen to *Learning to Rest on the You've Heard It Said* podcast: [www.go2.lc/YHIS53](http://www.go2.lc/YHIS53)

Find more mental health resources: [www.life.church/mentalhealth](http://www.life.church/mentalhealth)

Start the *Wisdom for Mental Health* Bible Plan using Plans With Friends: [www.go2.lc/mentalhealthplan](http://www.go2.lc/mentalhealthplan)

- **Concern focuses on challenges and moves you to action.**
- **Worry focuses on what's beyond our control and results in inaction.**

*“Can any one of you by worrying add a single hour to your life?”*  
Matthew 6:27 NIV

**What you worry about most  
reveals where you trust God the least.**

*“But seek first [God’s] kingdom and his righteousness, and all these things will be given to you as well.”* Matthew 6:33 NIV

### **What You’re Worried About Today ...**

#### **1. May never happen.**

**91% of their worries did not come true.**

**Less than 10% of what you worry about will happen.  
But your worry will rob you of peace 100% of the time.**

#### **2. May happen and won’t be as bad as you thought.**

#### **3. May happen and God will carry you through it.**

### **TALK IT OVER**

Read **Matthew 6:33**. How could seeking God’s kingdom impact your thought life and worries?

## PEACE OF MIND — WEEK 4 WHY DO I ALWAYS WORRY?

- **About 60% of adults in the United States struggle with worry and stress *daily*.**
- **We tend to experience worry in our minds.**
- **We generally experience anxiety in our bodies.**
  
- **Finances**
- **Food**
- **Fitness**
- **Fashion**
- **Future**

*“Therefore I tell you, do not worry ...”* Matthew 6:25 NIV

*“... You cannot serve both God and money.”* Matthew 6:24 NIV

*“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. ...”*

Matthew 6:25 NIV

*“Therefore do not worry about tomorrow, for tomorrow will worry about itself. ...”* Matthew 6:34 NIV

*“Look 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?”* Matthew 6:26 NIV