

Winning Over Worry - Part 1

September 20, 2026

“Winning over worry doesn’t mean you don’t have problems, it means your problems don’t have you.”

1. REFUSE to lose your mind.

Matthew 6:25 - “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?”

1 Samuel 1:6-7 - “Because the Lord had closed Hannah’s womb, her rival kept provoking her in order to irritate her. This went on year after year. Whenever Hannah went up to the house of the Lord, her rival provoked her till she wept and would not eat.”

2. RELEASE your burdens.

1 Peter 5:7-8 - “Give all your worries and cares to God, for He cares about you. Be alert and of a sober mind, your enemy the devil prowls around like a roaring lion looking for someone to devour.”

1 Samuel 1:10 - “In her deep anguish, Hannah prayed to the Lord weeping bitterly.”

3. RELY on God’s faithfulness.

1 Samuel 1:18-20 - “‘Oh, thank you, sir,’ she exclaimed. Then she went back and began to eat again, and she was no longer sad. Early the next morning they arose and worshiped before the Lord, and then went back to their home at Ramah. Elkanah made love to his wife, and the Lord remembered her. And in due time she gave birth to a son. She named him Samuel, for she said, ‘I asked the Lord for him...’”

“Don’t hold onto what God intends you to cast.”