

## 1. **Why** do I Worry? Ps. 139:23

a. I do **Not UNDERSTAND** how **EVIL** is worry.

➤ Drives my **family AWAY!**

Superior Put Down, DRAINING, Selfish, Controlling  
Opposite of: I Trust you – Thank you – I am PROUD of you

➤ **Definition** of worry

➤ **Physical toll** Prov. 12:25

Heavy thoughts bring on physical maladies;  
when the soul is oppressed so is the body. ~Martin Luther

b. The deep **Lie!** *Worrying makes me feel more responsible?* Worrying

c. My **Priorities** are Upside Down Mt. 6:25 – What IS “Life”

The Solution

## 2. **How to Minister TO a “Worrier”**

The “*What If....*” question **HAS** to be Answered

- ~ Sometimes – Legitimate
- ~ Most Insulting thing – “*Deal with that when we face it*”
- ~ Sometimes – Deeper ?s

No one can  
STOP  
worrying without a  
**STRATEGY**

Proverbs 22:3 - *A prudent man sees danger and takes refuge*

Philippians 4:6-7 *Do NOT be ANXIOUS about ANYTHING, but in*

*everything, by prayer and petition, with thanksgiving, present your requests to God.<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Philippians 2:25-27, vs. 28

*Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have Less ANXIETY*

Eph. 6:13 *after you have DONE EVERYTHING, to STAND*