

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.⁷ 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**