

Why do I Always Worry? — Peace of Mind Part 4

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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

Matt 6:25

Matt 6:24

Matt 6:34

Matt 6:26

Concern focuses on challenges and moves you to action.

Worry focuses on what's beyond our control and results in inaction.

Matt 6:27

God—I don't really trust you! God—I don't trust your plan!

God—I don't believe you are with me! God—I'm not sure you are really good!

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

Matt 6:33

What You're Worried About Today ...

1. May never happen.

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.