

**SAY
GOODBYE
TO WORRY**



Three problems of Worrying



1.

**WORRYING WILL NOT
CHANGE YOUR
CIRCUMSTANCES.**




**25 Who of you by worrying can
add a single hour to your life ? 26
Since you cannot do this very
little thing, why do you worry
about the rest?**

Luke 12:25-31 NIV



**2. WORRYING DAMAGES
YOUR FAITH IN GOD AND
YOUR VIEW OF GOD**



**⁴ He will cover you with his feathers,
and under his wings you will find
refuge; his faithfulness will be your
shield and rampart. ⁵ You will not
fear the terror of night, nor the
arrow that flies by day,**

Psalm 91:4-5 NIV

**3. WORRYING IS HARMFUL
— IT DAMAGES YOU IN
AND OUT**




**WHAT DO WE WORRY
ABOUT?**



HOW TO CURE WORRY?





**1. TRUST IN GOD'S SOVEREIGN
GOODNESS OVER YOUR
WEARISOME LIFE.**


**⁹ Remember the former things,
those of long ago; I am God, and
there is no other; I am God, and there
is none like me. ¹⁰ I make known the
end from the beginning, from
ancient times, what is still to come.**

Isaiah 46:9-10 NIV

2.


FOLLOW THE GOOD SHEPHERD





¹ The LORD is my shepherd; I have all that I need. ² He lets me rest in green meadows; he leads me beside peaceful streams. ³ He renews my strength. He guides me along right paths, bringing honor to his name.

Psalm 23:1-3 (NLT)



¹¹ He will feed his flock like a shepherd. He will carry the lambs in his arms, holding them close to his heart. He will gently lead the mother sheep with their young.

Isaiah 40:11 (NLT)


3. MAKE PRAYER A DAILY PRACTICE IN YOUR LIFE.






¹⁷ Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.

Psalm 55:17 (KJV)




⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6 NIV



6-7 Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.

Philippians 4:6-7



Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

Philippians 4:6-7



**7 Cast all your anxiety on him
because he cares for you.**

1 Peter 5:7 NIV



**4. MAKE LONG TERM PLANS
BUT LIVE ONE DAY AT A TIME**

**So don't be anxious about
tomorrow.**

Matthew 6:34



"Give us today our daily bread."

Matthew 6:11