



the **lake** church

January 14, 2024

How to Positively Handle the Negativity #2



Matthew 6:25-34

I. WHY NOT JUST GO AHEAD AND WORRY?

- a. Worry indicates an issue with Jesus as Lord
- b. Worry accomplishes nothing helpful
- c. Worry is bad for your health
- d. Worry hinders positive action
- e. Worry is a sin

II. HOW TO LET GO OF WORRY

(Proverbs 12:25)

- a. How do you start YOUR day?
(Ps 118:24/John 1:12/Matthew 6:33)
- b. There is a PERSON we must seek
(James 4:8/Jeremiah 29:13/Hebrews 11:6)
- c. There is a PROMISE we must take
(Psalm 37:25)
- d. There is only ONE GOAL we must pursue
(1 Peter 5:7/Matthew 7:7-11)