

"Hey God, I Have a Question!"

How Can I Stop Worrying?

Philippians. 4:4-7, Matthew 6:25-34

1. Battle worry by owning what it really means. Phil. 4:6
 - Worry = Apprehension, fear of the unknown, to fret, to gnaw or wear away. The root verb means to divide
 - Worry is assuming undo or impossible responsibility.
 - Worry is refusing to recognize God's sovereign rule in your life.
2. Battle worry with worship. Phil. 4:4-5
3. Battle worry with prayer. Phil. 4:6
4. Battle worry with thankfulness. Phil. 4:6-7
5. Battle worry by fighting for a fresh trust in God.
Matt, 6:25-34
 - Money is not the answer.
 - God's promises are the answer.
 - Worry gets you nothing.
 - Seek Him first no matter what.