



To worry or not to worry...

Worry: “to be or cause to be anxious or uneasy; to torment oneself with or suffer from disturbing thoughts; to be troubled”



To worry or not to worry...

- We should not worry, but rather focus on the “kingdom of God and His righteousness”:
Matt. 6:25, 27, 34, 33
- When we find ourselves worrying, we should pray: Phil. 4:6-7 (with thanksgiving)
- When we pray, we should humble ourselves as we cast our cares upon Him: 1 Pet. 5:6-7

To trust God or not to trust God...

- Matt. 6:25, 27, 34, 33 – Trust is what Jesus teaches to fend off worry
- Phil. 4:6-7 – Trust is what Paul teaches will help us in prayer to have peace, knowing God is in control
- 1 Pet. 5:6-7 – Trust is what allows us to truly humble ourselves and truly cast our cares upon Him



To trust God or not to trust God...

Worry: “to disturb the peace of mind of”

**Are the issues you worry about within your control?
There is only one thing in this world we can control -
ourselves; everything else must be entrusted to God.**

