

Why in the World should I Worry?

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Matthew 6: 25 - 34

SUMMARY:

Millions of people in our country suffer from anxiety disorders (severe worry) and millions more suffer from mild anxiety that hasn't developed into the disorder state. If you tend to look at the happenings in your life with a "glass half empty" mentality, (or we all know someone who does), you have developed a pattern of automatically envisioning nearly every scenario you face as a "worst case" outcome. Jesus tells us that if we worry, we lack **FAITH in GOD!** "O you of little faith" (Matt.6:30). We are commanded to live by faith, "The righteous will live by faith." (Rom 1: 17). When we show a lack of faith by worrying, we sin against God.

NOTES:

DISCUSSION POINTS:

Introductory Question: Talk about a time when you really worried about something.

- How did you feel?
- How long did you worry about it?
- Was the outcome as bad as you envisioned?
- How did you survive the situation?
- What are the negative ramifications when you worry?
- What is the best way to respond to worry?

APPLICATION:

Every time negative attitudes and worry begin to set in, we need to recognize the source of the situation, search the scripture for our response, take it to the Lord in prayer and not be passive about the concern but, **TAKE ACTION!**

ON YOUR OWN...

Develop your action plan so, when worry rears its ugly head, you know the steps you will take to stop the worry in its tracks!

Book Read: "Deadly Emotions" Understand the Mind-Body-Spirit Connection that can Heal or Destroy You.
By Dr. Don Colbert, M.D.