

Evening Lesson

TEN WAYS TO CONQUER WORRY

Matt. 6:25-34

INTRO:

3. In our day it is difficult to stay free of worry.
4. Worry becomes a sin when it robs us of our peace and causes us to become overly concerned with things in this life.

BODY:

IV. DIFFERENCE BETWEEN NERVOUS WORRY AND HEALTHY CONCERN.

- A. God expects us to plan and dream. **Luke 14:25-33**
- B. God is a God of peace, not worry.

V. GET PLENTY OF REST. **Mark 6:31.**

VI. REMEMBER PROBLEMS GET SMALLER AS WE GET CLOSER. **Matt. 6:34**

VII. AS MUCH CHANCE IT WON'T HAPPEN AS IT WILL.

- A. Mark Twain -- "My life has been full of troubles, most of which never happened."
- B. Often imagination is worse than reality.

VIII. COUNT ON YOUR HIDDEN RESERVES.

- A. Strength is usually found in crunch times.
- B. **Phil. 4:13.**

IX. DISTINGUISH BETWEEN WHAT IS AND IS NOT CONTROLLABLE.

- A. If I cannot do anything about it, it is not my problem.
- B. I can't worry about those things.

X. BE CAREFUL OF JEALOUSY.

- A. That other fellow only looks like he has no worries.
- B. Do not believe that life has singled you out. **1 Cor. 10:13**

XI. CHECK YOUR GOALS. **Phil. 3:13,14.**

XII. WHEN ANXIOUS, DO SOMETHING FOR ANOTHER. **Gal. 6:2.**