

June 28, 2020

How to Worry Well

Philippians 4:4-9

Understanding Two Opposites:

WORRY: to treat roughly – a tearing apart or continual biting.

PEACE: to bring unity or harmony – a calm, quiet.

Finding Joy and Peace in Worry Through:

➤ **Prayer**

Philippians 4:6-7 / Matthew 6:25-34 / 1 Thessalonians 5:14-18

Thankfulness is not an **option**, but an **obligation**.

See your circumstances through the lens of God's:

- ✓ **Love**
- ✓ **Wisdom**
- ✓ **Power**

There is nothing too great for **God's power**, and nothing too small for **Dad's care**.

➤ **Thoughts -**

Philippians 4:8 / 2 Corinthians 10:5 / Romans 12:1-2 / Galatians 5:22-23 / Colossians 3:15

Set your **MIND** on Joy.

Worry keeps us from **APPRECIATING** what you do have.

Take control of **WHAT YOU CAN**, let go of **WHAT YOU CAN'T**.

➤ **Actions**

Philippians 4:9 / Philippians 4:9 / Mark 14:32-42 / John 14:27 / James 1:22-25

Worry is not a **SIN**, **LIVING THERE** is.