WINNING OVER WORRY

God Has An Answer For Worry:

Matthew 6:25-34 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? (26) Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? (27) Who of you by worrying can add a single hour to his life?"
"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them.
(33) But seek first his kingdom and his righteousness, and all these things will be given to you as well. (34) Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

(MAT 6:33-34 CEV) But more than anything else, put God’s work first and do what He wants. Then the other things will be yours as well. (34) Don't worry about tomorrow. It will take care of itself. You have enough to worry about today.

God Gives Us Victory Over Every Enemy Including Worry
WINNING OVER WORRY

What Is Worry?

- It Means “To Strangle Or To Choke”
- It is Mental Strangulation
- Being Harassed With Anxieties And Cares

Worry Can Choke The Life Out Of You
WINNING OVER WORRY

What Is Worry?

- Faith In The Awful
- Trust In The Horrible
- The Guarantee of Tragedy
- The Certainty of Failure
WINNING OVER WORRY

**We Are Called To Be People Of Faith**

- Worry Is Not Normal Or Acceptable
- Worry Comes From Unbelief (Sin)
- Adam And Eve Never Experienced Worry Until They Sinned
WINNING OVER WORRY

- Worry Is Fed By Other Worriers

- Worry Kept The Moses Generation Out Of The Promised Land
WINNING OVER WORRY

Counteract Worry With Faith:

- Worry Says God Can't -- Faith Says God Can
WINNING OVER WORRY

Things That People Worry About

- 1) Money
- 2) Health
- 3) Other People
- 4) Terrorism
- 5) War
- 6) Uncertain Future
WINNING OVER Worry

We’re Not In The Battle Alone -- God Is With Us

- God Has Given Us Promises We Can Stand On

- There Is A Promise For Every Worry
WINNING OVER WORRY

**Faith Defuses Worry**

- Faith Says God Can
- Faith Says With God It Is Possible
- Faith Says With God It Will Happen
WINNING OVER WORRY

Will You Be A Person Of Faith Or Fear?

(Heb 11:1 NIV) Now faith is being sure of what we hope for and certain of what we do not see.

(Heb 11:1 TLB) “What is faith? It is the confident assurance that something we want is going to happen, it is the certainty that what we hope for is waiting for us even thought we cannot see it up ahead.”
WINNING OVER WORRY

*The Way To Counteract Worry Is By Stepping Into Faith*
(Mat 9:29 NIV) "According to your faith will it be done to you";

*If You Have Faith In God's Promise -- It Will Be Done*

- God Promises Will Be Accomplished And Accessed By Faith
Nothing Is Too Hard For God.
There Is No Reason To Worry!
WINNING OVER WORRY

We Must Come Against Worry -- As The Enemy

- Drive Worry From Your Life

(Luke 10:19 NIV) I have given you authority to overcome all the power of the enemy; nothing will harm you
WINNING OVER WORRY

Where There Is No Faith There Is No Answered Prayer

- God Is Not Moved By Our Need --
  God Is Moved By Our Faith
WINNING OVER WORRY

When We Walk In Fear, We Will Not Be Effective

- God Did Not Create Us To Walk In Fear Or Worry
- God Is Waiting For Us To Access Him By Faith
  - Not By Fear -- Worry -- Whining -- Or Crying
WINNING OVER WORRY

(Mat 16:19 NIV) I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

- **We Bind Worry & Fear In The Name Of Jesus**

- **As We Come Against Worry We Will Overcome**
WINNING OVER WORRY

Take Things One Day At A Time -- Don't Borrow Trouble

(Mat 6:34 NIV) Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Much Of The Time What We Worry About Never Happens
WINNING OVER WORRY

- Worry Doesn't Empty Tomorrow Of Its Sorrow; It Empties Today Of It's Strength

- Attitudes Of Praise, Thanksgiving, And Gratitude Towards God Are Strengths That Defeat Worry And Fear In Our Lives
WINNING OVER WORRY

We Defeat Worry One Day At A Time

- We Need To Choose Each Day
  To Stop Worrying

- We Replace Worry With A Faith-Filled Relationship With God
WINNING OVER WORRY

We Replace Worry And Anxiety With:

- Prayer
- Fellowship
- Communion
- Relationship With God
WINNING OVER WORRY

(Phil 4:6 NIV) Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Phil 4:7 NIV) And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- When You Have God's Peace
  You Don't Worry
WINNING OVER WORRY

A Faith Relationship With God Is A Key In Overcoming Worry

(Psa 91:1 NIV) He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. (2) I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."
WINNING OVER WORRY

Turn Your Worries Over to The Lord

- (1 Pet 5:7 NIV) Cast all your anxiety on him because he cares for you

- Take Your Worries To God And Let Him Handle Them
God Will Care For Your Worries And Your Troubles Because:

- That Is His Nature
- He Loves You
- He Cares For You
- He Wants His Best For You
4 Keys To Winning Over Worry

1. Counteract Worry With Faith

2. Come Against Worry As An Enemy

3. Do Not Borrow Trouble From Tomorrow

4. Turn Your Worries Over to The Lord
WINNING OVER WORRY

(Mat 11:28 NIV) "Come to me, all you who are weary and burdened, and I will give you rest.”

John 6:37 NIV) “...whoever comes to me I will never drive away.”