

Lesson 9: Overwhelming Worry Philippians 4:6

Few things weaken our ability to be productive than worry.

Diseases are often treatable, worry is a malady but no one forces you to do it, no one but you can fix it and no one but you can fully grasp the impact of it.

Worry can be triggered by circumstances but not caused by them.

1. Who worries more about money the poor or the economically advantaged?
2. Are worries about the reality in front of us or what we imagine might happen?
Proverbs 12:25
3. What did Jesus say about what worries will do in Matthew 13:22? Is that your experience?
4. What was Jesus answer to dealing with worry? Matthew 6:31 – 33 also read Psalms 55:22 and 1 Peter 5:7
Let's consider some practical step to minimize worry.
Consider how God provides for nature.
5. In Matthew 6: 26 – 30 what two illustrations did Jesus give on worry in this passage?

6. Do birds worry about their food for tomorrow? You can find birds in the harshest desolate environments. Does God have more concern for birds or people?

7. Can anything compare to a field in full bloom? Yet they only last a short time. Will God not meet your needs at the proper time?

a. *Listen to God*

One the greatest challenge of the Christian life is to listen to God over everything else and everyone else.

What has said to us repeatedly? Psalm 46

b. *Conquer your thoughts.*

Worry is a battle of the mind. What we focus on will determine the directions our thoughts go.

We are always bombarded with negative thoughts. These thoughts will try to dominate our attention and motivation.

We must choose to focus on things that will be positive, pure, reassuring to our hearts and spirit.

Paul gives us lots of sound advice. Philippians 4: 6 – 8

Share what you gleaned from Paul's advice.

Paul also gave some sound advice to the Corinthians in 2 Corinthians 10:5

We must conquer and reject negative thoughts and replace them with God's truth. Fill your hearts scriptural teaching and messages. Christian music and literature.