

WORRY

MATTHEW 6:25-34

DON'T WORRY – BE HAPPY

PROFESSIONAL WORRIER

STATISTICS

43% adults suffer health effects

75-90% all doctor visits

Worry linked to every leading cause of death

43% employee turnover

**Mental fatigue, lack of sleep, days without
peace**

LIFE IS HARD

Bad things happen to good people

Health, finances, children, war, etc.

FUTURE IS UNCERTAIN

Things know about - things do not

I AM NOT IN CONTROL

Illusion of control

**Doctors get sick, financial experts lose
money, policemen get robbed, lawyers get
sued**

WORRY DOES NOT CHANGE THINGS

MATTHEW 6:27

Who of you by worrying can add a single hour to his life?

ROCKING CHAIR

USUALLY DOES THE OPPOSITE

PROVERBS 12:25

An anxious heart weighs a man down...

MAKE THE RIGHT DECISION

NON-PERISHABLE, DURABLE ETERNAL AND HEAVENLY

MATTHEW 6:19-24

"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also. "The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness! "No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.

TRUST THE RIGHT FATHER

MATTHEW 6:26,33

PHILIPPIANS 4:6,7

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

PURSUE THE RIGHT AMBITION

VERSE 33

I PETER 1:3-5

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade--kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.
