

Jesus Was
Right About:

Worry

Worrying is Wasting

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Jesus is the TRUTH and the WAY to the good LIFE.

1. WORRYING can't change your life—so TRUST the One who does.

Luke 12:22–26, Luke 12:1

Worry:

to give way to anxiety or unease; to allow one's mind to dwell on difficulty or troubles

"...every place where we experience worry, God is inviting us to depend on him."

— Thabiti Anyabwile, Exalting Jesus in Luke



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2. Worrying is being burdened down by a DIVIDED MIND.

Luke 10:41-42, Hebrews 12:1-2

Lies We Believe About Worrying:

Lie 1: Something really BAD is going to happen.

"Our anxiety does not empty tomorrow of its sorrows, but only empties today of its strengths."

– Charles Spurgeon

Lie 2: The more you worry about it, the better your ODDS of avoiding it.

"We're tempted to think that worrying is the same thing as thinking or planning or even protecting ourselves. But worry is completely useless and ineffective when it comes to adding to our life."

– Thabiti Anyabwile, Exalting Jesus in Luke



Lie 3: I have no choice—I'm a BORN worrier.

Lie 4: I can control the OUTCOME by worrying.

3. Worry must be REPLACED—not just RESISTED.

Philippians 4:6-7

PRAY more than you WORRY.

Give THANKS for the blessings that God has already PROVIDED.

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."



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Worrying is wasting—because it can't CHANGE your future, and it DISTRACTS you from trusting the God who can.

Recommended Resources:

– *Winning the War on Worry* by Louie Giglio

– *Strong and Smart: A Boy's Guide to Building Healthy Emotions* by David Thomas

– *Raising Worry-Free Girls: Helping Your Daughter Feel Braver, Stronger and Smarter in an Anxious World* by Sissy Goff

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