

Let's Talk About It: Worry

Understanding Worry

- Worry is a mental exercise, not an emotion.
- It involves mental distress about future events, often leading to unproductivity.
- Worry is common when we feel out of control and try to play God in our lives.

Effects of Worry

- Worry can lead to sleeplessness, unproductivity, and a feeling of being overwhelmed.
- It often occurs when we are alone, about to sleep, or just waking up.
- Statistics show a significant increase in unhappiness and anxiety in recent years.

Biblical Perspective on Worry

- Proverbs 12:25 - Worry weighs a person down.
- 1 Thessalonians 5:16-18 - Commands to always be joyful, pray continually, and give thanks in all circumstances.
- Philippians 4:4-7 - Encourages rejoicing, not worrying, praying about everything, and experiencing God's peace.
- Matthew 6:25-34 - Jesus teaches not to worry about life's necessities but to seek God's kingdom first.

Practical Steps to Combat Worry

1. Acknowledge God's Control: Recognize that we are not God and surrender control to Him.
2. Prayer and Relationship with God: Maintain a constant conversation with God, aligning our heartbeat with His.
3. Focus on the Present: Concentrate on today's tasks and trust God for tomorrow.
4. Seek God's Kingdom: Prioritize spiritual growth and relationship with God over material concerns.
5. Cast Your Cares: Physically and mentally release worries to God, trusting in His care.

Conclusion

- Worry is like weeds in the garden of our soul; focus on nurturing the health of your soul.
- Trust in God's provision and care, and let go of the need to control everything.
- Remember, God is responsible for everything, not us.
- "Do not feel totally, personally, irrevocably responsible for everything. That's my job. Signed, God."