



DEALINGS WITH OUR FEELINGS

3. The Weight of Worry

**WHAT DO YOU WORRY
ABOUT? *Why do you
worry about it?***



**ON A SCALE FROM 1-10, TEN BEING THE
HIGHEST, HOW MUCH DO YOU WORRY?**

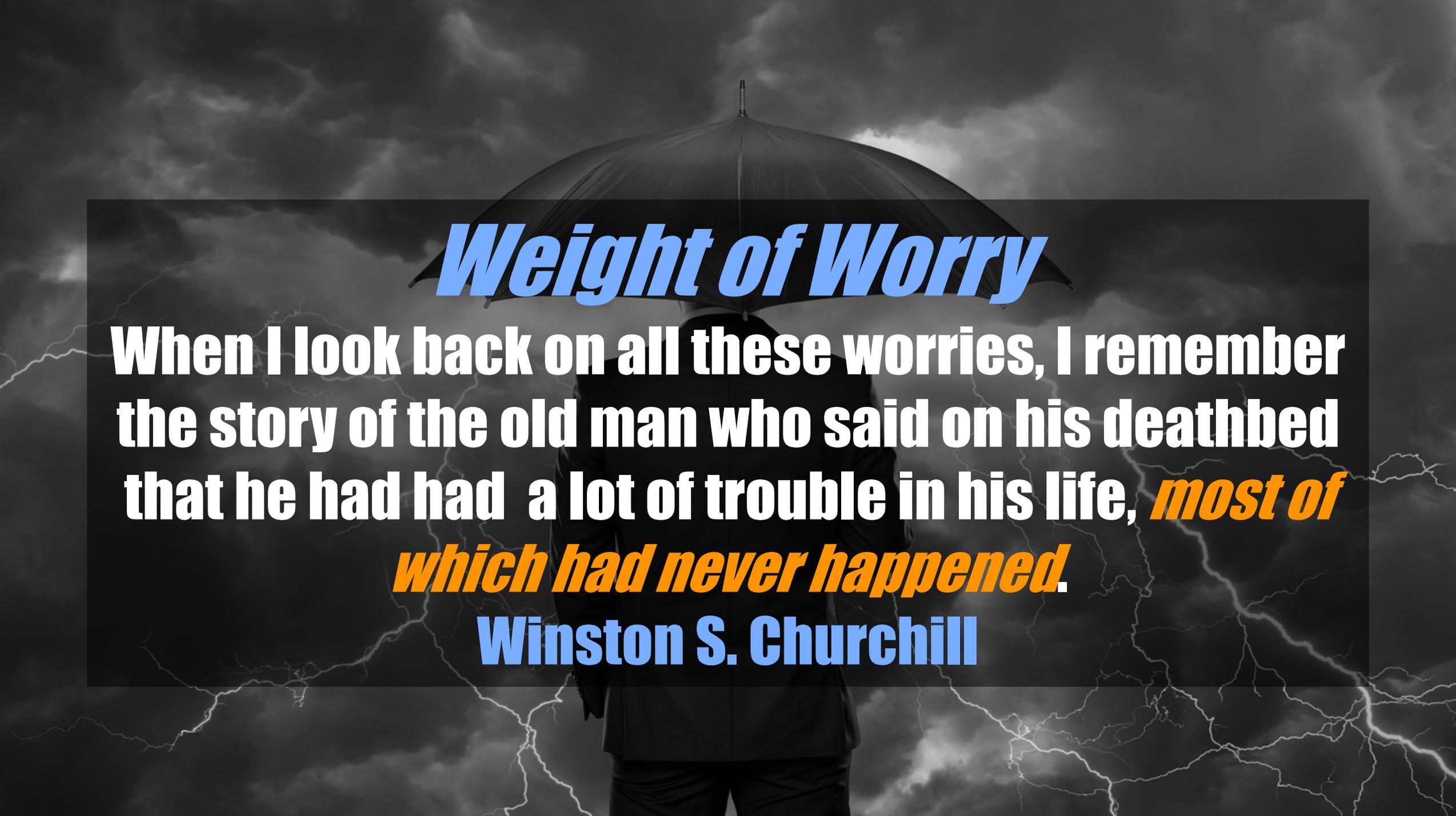
How has worry affected your life?



**HOW DO YOU DEAL WITH
WORRY AND ANXIETY?**

***Who helps you with
your worry?***



A person is seen from behind, holding a large black umbrella. The background is a dark, stormy sky with several bright lightning bolts striking down. The overall mood is somber and dramatic.

Weight of Worry

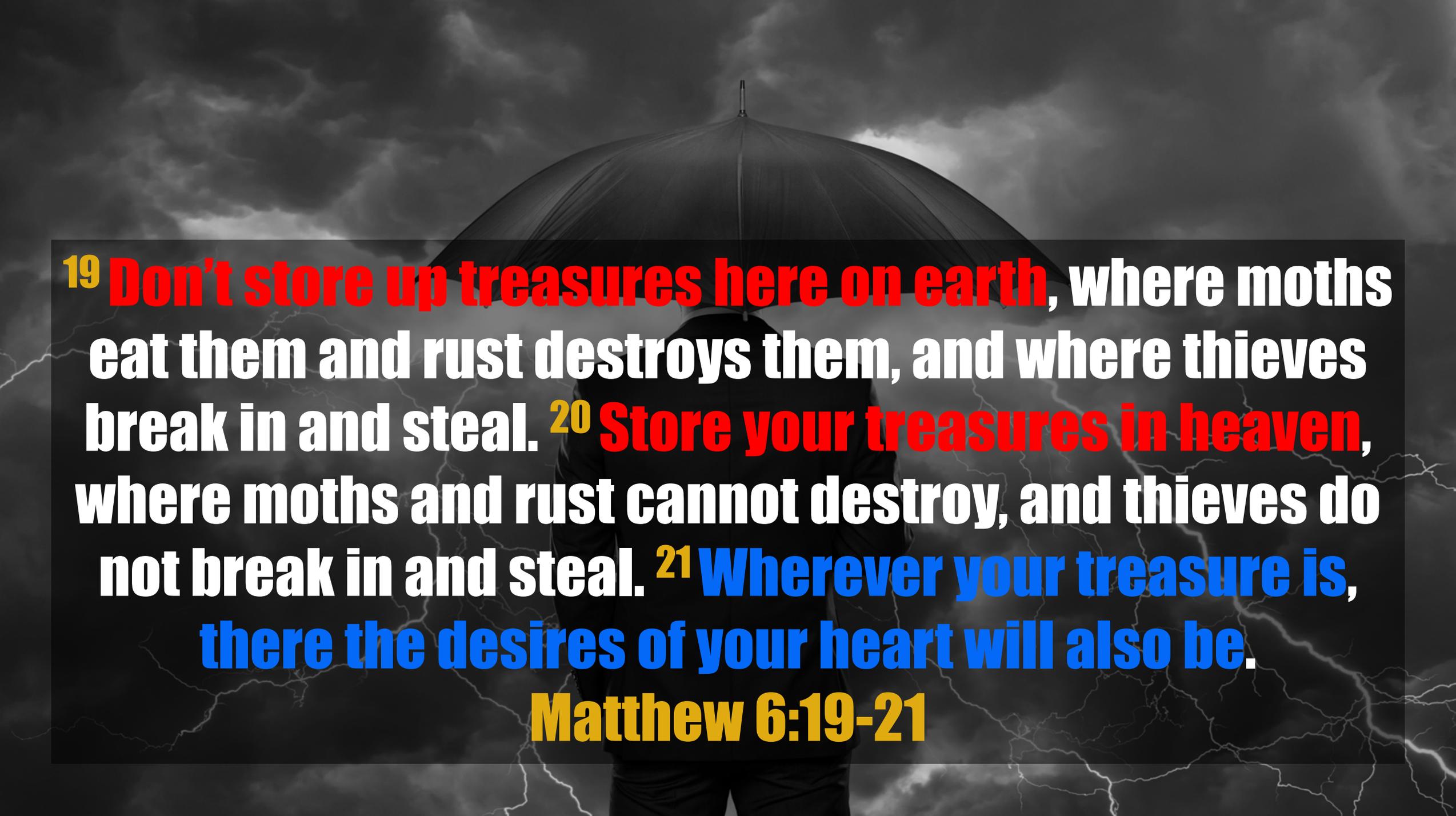
When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, *most of which had never happened.*

Winston S. Churchill

**T1 WORRY HAPPENS WHEN
OUR COMPASS IS OFF COURSE.**

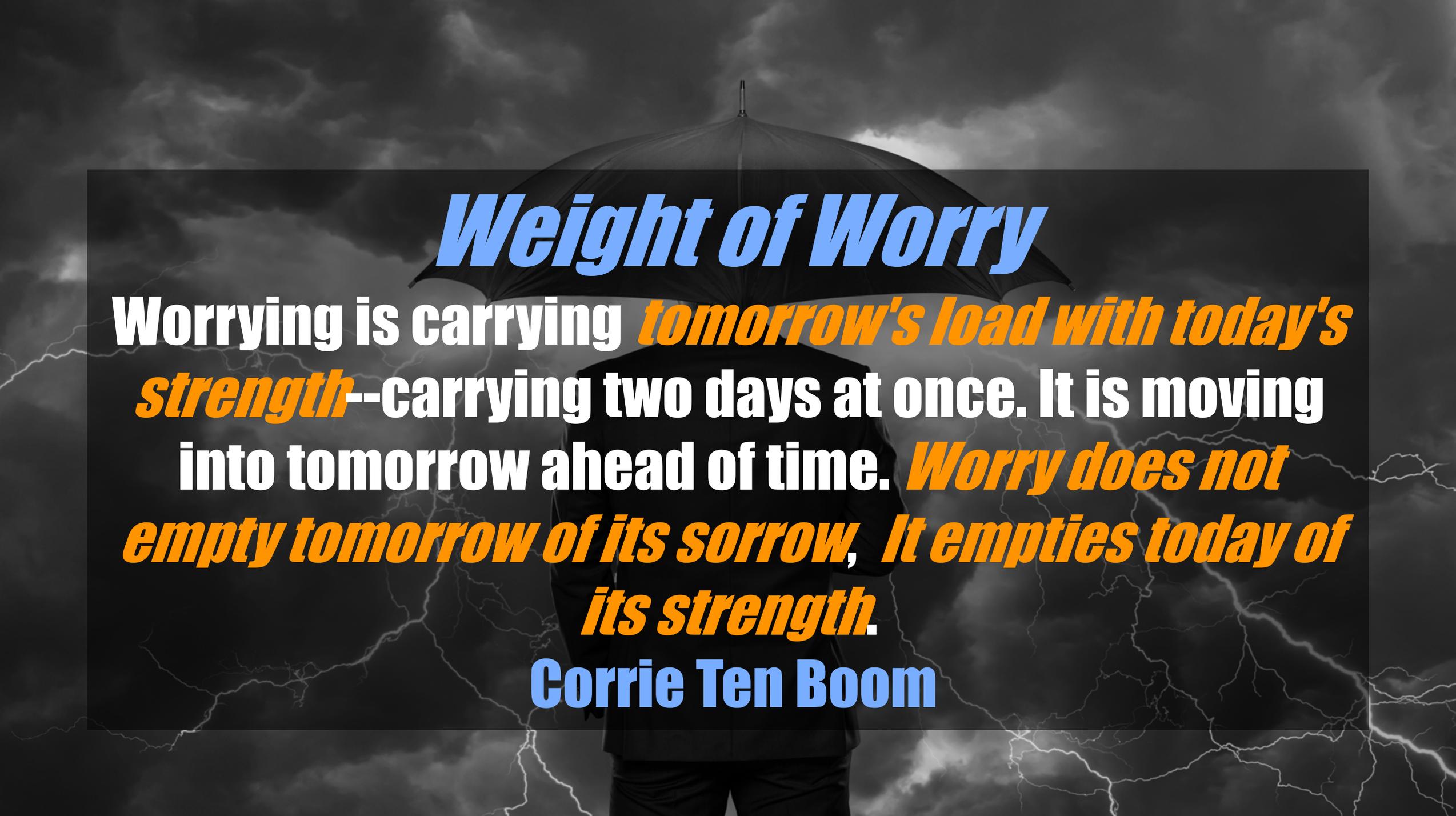
Matthew 6:19-21



A person is seen from behind, holding a large black umbrella. The background is a dramatic, dark sky with heavy, grey clouds and several bright, jagged lightning bolts striking down. The overall mood is somber and protective.

19 Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. **20** Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. **21** Wherever your treasure is, there the desires of your heart will also be.

Matthew 6:19-21

A person is seen from behind, holding a large black umbrella. The background is a dramatic, dark sky with heavy, grey clouds and several bright, jagged lightning bolts striking down. The overall mood is somber and intense.

Weight of Worry

Worrying is carrying *tomorrow's load with today's strength*—carrying two days at once. It is moving into tomorrow ahead of time. *Worry does not empty tomorrow of its sorrow, It empties today of its strength.*

Corrie Ten Boom



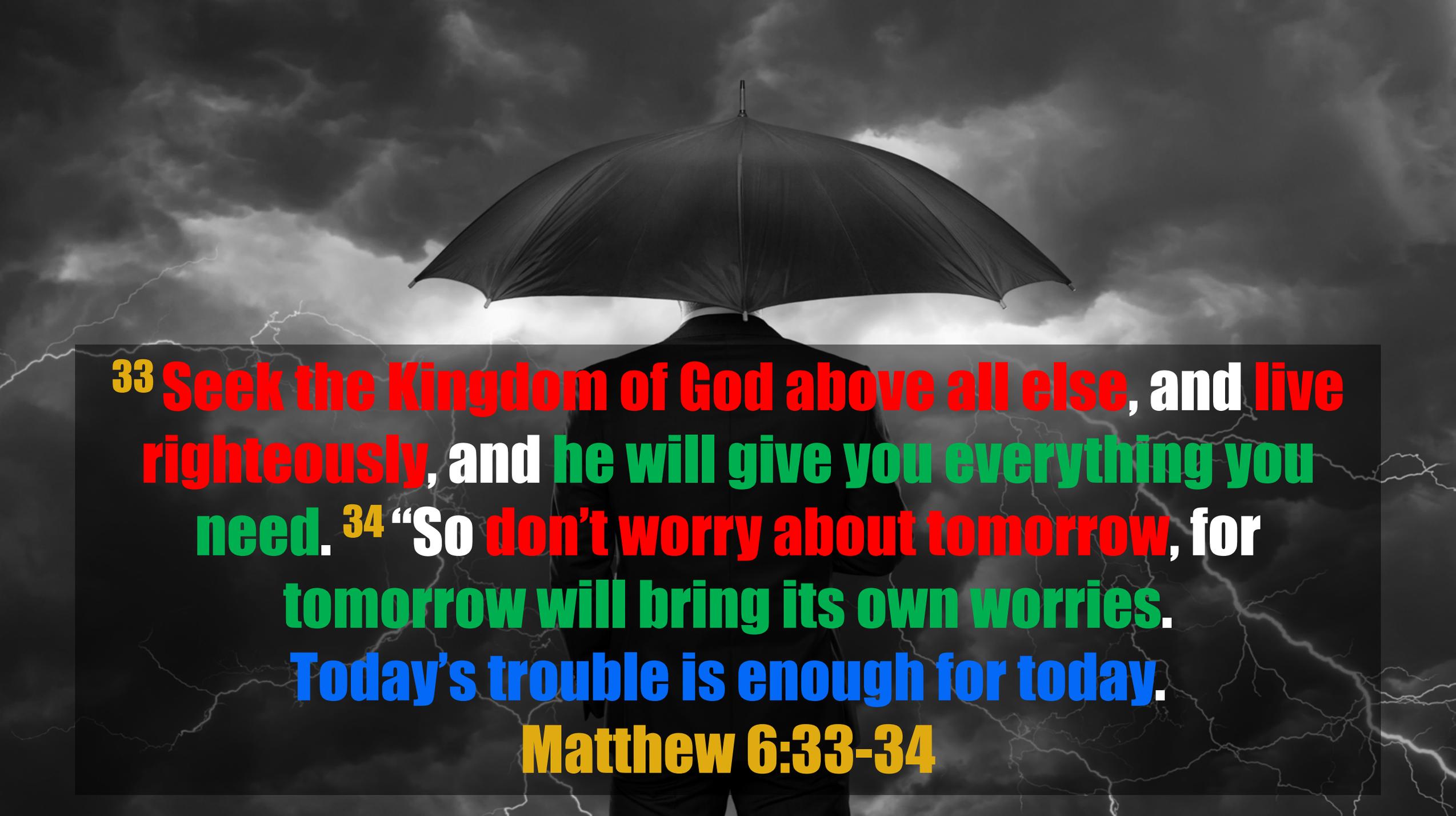
T2 WORRY WANTS TO STRANGLE YOUR LIFE.

Matthew 6:31-34

A person is seen from behind, holding a large black umbrella. The background is a dramatic, dark sky with heavy, grey clouds and several bright white lightning bolts striking down. The overall mood is one of protection and resilience in the face of adversity.

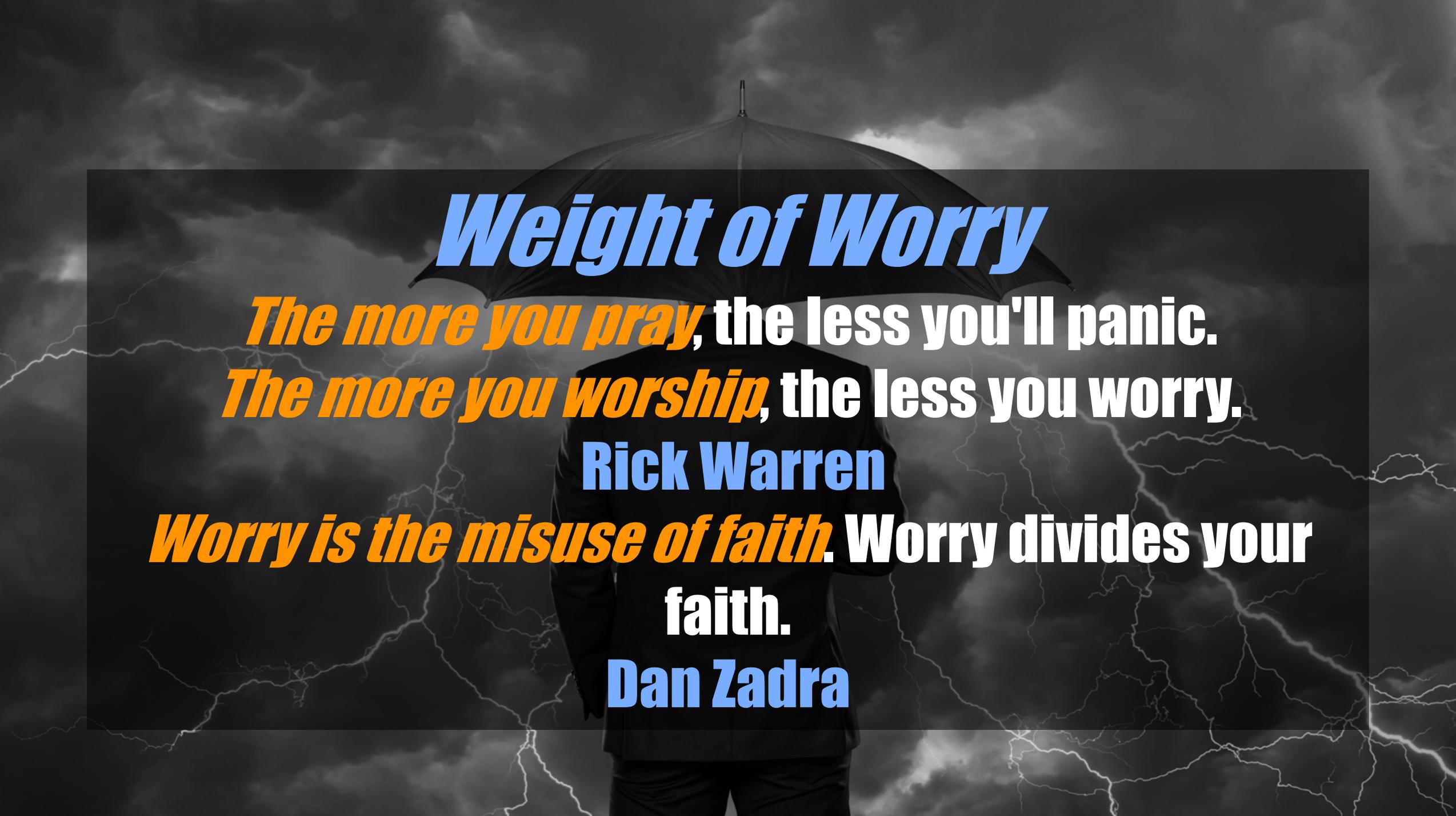
31 “So **don't worry about these things**, saying, ‘What will we eat? What will we drink? What will we wear?’ **32** These things dominate the thoughts of unbelievers, but **your heavenly Father already knows all your needs.**

Matthew 6:31-32



33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. **34** “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

Matthew 6:33-34



Weight of Worry

The more you pray, the less you'll panic.

The more you worship, the less you worry.

Rick Warren

Worry is the misuse of faith. Worry divides your
faith.

Dan Zadra



T3 GOD IS FIGHTING FOR YOU.
2 Kings 6:11-18



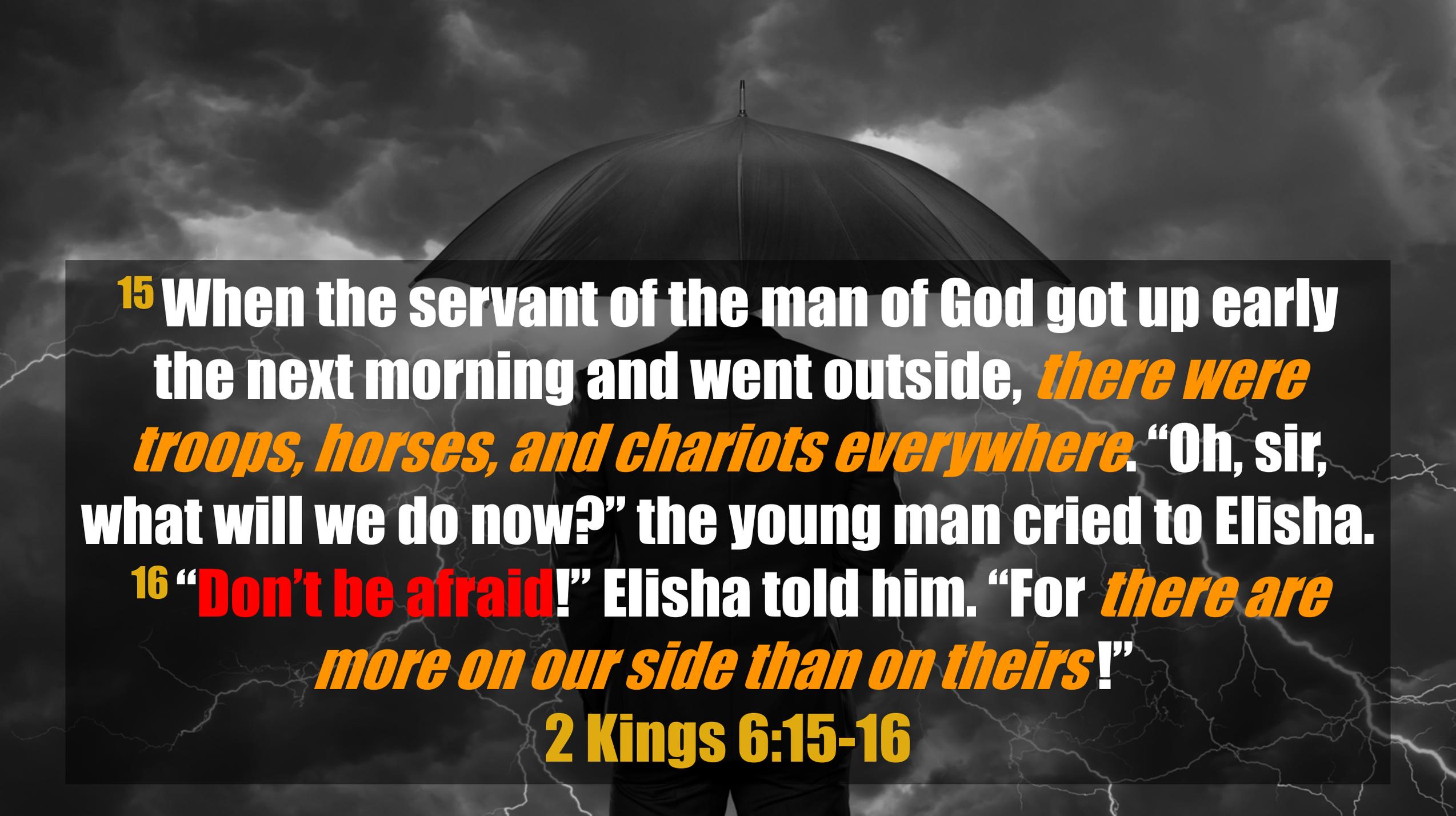
11 The king of Aram became very upset over this. He called his officers together and demanded, “Which of you is the traitor? *Who has been informing the king of Israel of my plans?*” **12** “It’s not us, my lord the king,” one of the officers replied. “*Elisha*, the prophet in Israel, *tells the king of Israel even the words you speak in the privacy of your bedroom!*”

2 Kings 6:11-12



13 “Go and find out where he is,” the king commanded, “so I can send troops to seize him.” And the report came back: “Elisha is at Dothan.” **14** So one night *the king of Aram sent a great army with many chariots and horses to surround the city.*

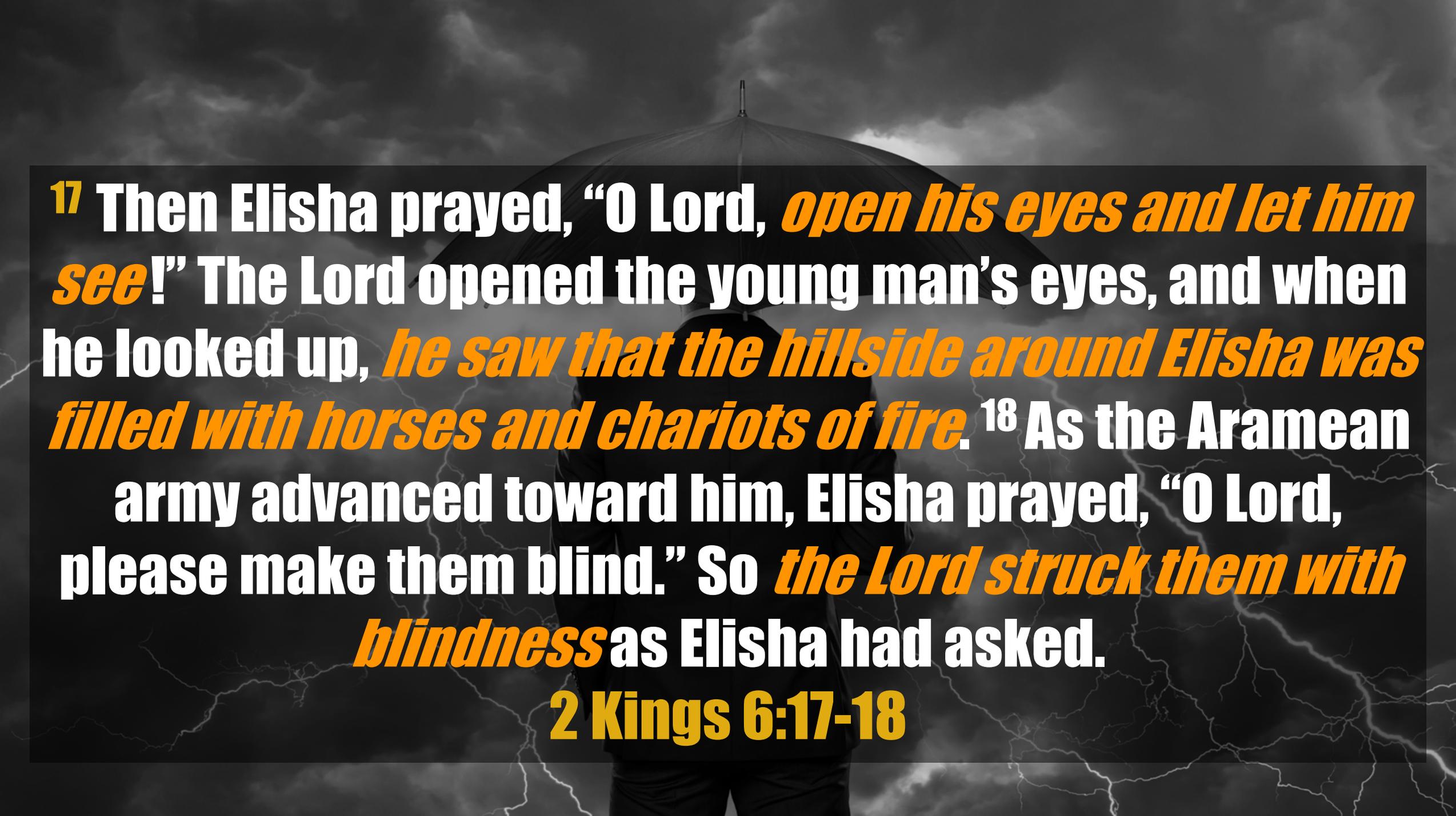
2 Kings 6:13-14



15 When the servant of the man of God got up early the next morning and went outside, *there were troops, horses, and chariots everywhere.* “Oh, sir, what will we do now?” the young man cried to Elisha.

16 “**Don’t be afraid!**” Elisha told him. “For *there are more on our side than on theirs!*”

2 Kings 6:15-16



17 Then Elisha prayed, “O Lord, *open his eyes and let him see!*” The Lord opened the young man’s eyes, and when he looked up, *he saw that the hillside around Elisha was filled with horses and chariots of fire.* **18** As the Aramean army advanced toward him, Elisha prayed, “O Lord, please make them blind.” So *the Lord struck them with blindness* as Elisha had asked.

2 Kings 6:17-18

I will not fear because God is always with me.

Joshua 1:7-9

I will not doubt because God is always in control.

Isaiah 41:10

I will not quit because God is always good.

2 Corinthians 4:6-9

I will not worry because God is always watching.

Psalms 121:5-8

I will not fail because God is always victorious.

1 John 5:1-5



HOW YOU FEEL LIKE ELISHA'S SERVANT?

Where do you need God to open your eyes?



READ MATTHEW 6:33

**Are you following
this command?**

**How can this verse
minimize your worry?**