

Wisdom for Worriers

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He said to his disciples,
“Why are you so afraid?
Do you still have no faith?”

Mark 4:40

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Worrywart – a person who tends to dwell unduly on difficulty or troubles.

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Quotes on Worry

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“There are people who are always anticipating trouble, and in this way they manage to enjoy many sorrows that never really happen to them.”

- Josh Billings

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*“Worrying does not take away
tomorrow’s troubles. It takes away
today’s peace.”*

- Randy Armstrong

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**“Don’t use your energy to worry. Use
your energy to believe.”**

- Joel Osteen

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“Worry is like a rocking chair: it gives you something to do but never gets you anywhere.”

- Erma Bombeck

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Top 10 Common Worries

1. Money / Finances
2. Health / Safety / Family
3. Job / Career
4. Relationships
5. Future

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Top 10 Common Worries

6. Appearance / Weight
7. World Events
8. Politics
9. Failure
10. Death / Dying

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Luke 10:38-42

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made.

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Luke 10:38-42

She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "*Martha, Martha,*" the Lord answered, "*you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.*"

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***Distracted – Cumbered: to be led away;
to be driven mentally.***

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1. Worry About Nothing – Pray About Everything

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Philippians 4:4-9

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, 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.

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Philippians 4:4-9

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

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1. Worry About Nothing – Pray About Everything
2. Stand on the Promises

Psalm 27:1

The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?

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Psalm 118:6

*The Lord is with me; I will not be afraid.
What can mere mortals do to me?*

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Psalm 37:8

*Refrain from anger and turn from wrath;
do not fret—it leads only to evil.*

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Wisdom for Worriers

1. Worry About Nothing – Pray About Everything
2. Stand on the Promises
3. Oh, For Grace to Trust You More

Psalm 56:3-4

When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?

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Isaiah 26:3-4

You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal.

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Proverbs 3:25-26

Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the Lord will be at your side and will keep your foot from being snared.

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