**Sunday, 17 January 2021**

**You Can Overcome Worry**

God commands us to not worry. Today we will learn two important truths about worry and how to overcome worry so that we can have a life free of worry.

1. Two important truths about worry
   1. Worry is a tool of the Devil
      1. The devil will bring thoughts that are designed to get you to begin to worry – 1 Peter 5:7-8, Psalm 37:8 (ESV)
      2. Resist worry like you resist the devil – 1 Peter 5:9
   2. Worry is a waste of time
      1. Worry will never help make the situation better – Matthew 6:27
      2. Trust God to take care of you instead of worrying - Matthew 6:33
2. How to overcome worry
   1. By refusing to worry – Philippians 4:6
   2. By prayer and thanksgiving - Philippians 4:6, 1 Peter 5:7
   3. By changing channels – Philippians 4:8
3. The promise of Philippians 4:7

Conclusion: You can overcome worry. Know worry is a tool of the devil and a waste of time. Refuse to worry, cast your cares on the Lord, and change channels. As you act on these Bible truths, you will overcome worry and have a life free of worry.

Discussion questions.

1. What are the two important truths about worry?
2. Why is worry a waste of time?
3. What are the three principles to overcome worry, and how can you apply them?