

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

1.1. Worry is a tool of the Devil

- 1.1.1. The devil will bring thoughts that are designed to get you to begin to worry – 1 Peter 5:7-8, Psalm 37:8 (ESV)

- 1.1.2. Resist worry like you resist the devil – 1 Peter 5:9

1.2. Worry is a waste of time

- 1.2.1. Worry will never help make the situation better – Matthew 6:27

- 1.2.2. Trust God to take care of you instead of worrying - Matthew 6:33

2. How to overcome worry

- 2.1. By refusing to worry – Philippians 4:6

- 2.2. By prayer and thanksgiving - Philippians 4:6, 1 Peter 5:7

- 2.3. 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?