

HOW TO HANDLE WORRY

PHILIPPIANS 4:6-7

I. We see a life Disturbed by Worry

- A. When we talk about worry we are talking about being torn in two different directions, which results with an inner turmoil that chokes and strangles life of its vitality.
- B. Worry is Needless – Matthew 6:25
- C. Worry is Faithless – Matthew 6:30
- D. Worry is Useless – Matthew 6:27

II. We see a life Delivered from Worry

- A. We are to TURN to God with our worries
 - 1. Instead of worrying about anything, we should pray about everything
 - 2. Faith – Matthew 6:30
 - 3. Father – Matthew 6:32
 - 4. First – Matthew 6:33
- B. We are to TALK to God about our worries – I Peter 5:7

III. We see a life Defended from Worry – Philippians 4:7

- A. God's peace will GLADDEN the heart
- B. God's peace will GUARD the heart