

WORRY & ANXIETY

1. The Greek word for worry means, "to divide, part, rip or tear apart". Worry is concern over the future, about which we can do nothing and about which nothing is sure. Only God knows the future, and He encourages His children to cast all their cares on Him (1 Peter 5:6-7).
2. Scripture tells us not to worry. When we disobey God's Word, it is sin.
3. Worry causes several things, all of them detrimental, including:
 - Ulcers
 - Depletion of vitality
 - Early death
 - Makes us incapable of handling life's problems
4. Worry shows a lack of faith in God. It keeps us from assuming responsibility and from serving Christ.
5. Worry or anxiety is sin.
6. Jesus says, "Do not worry" (Matthew 6:31), but He does not leave the matter there. Instead, He explains how to overcome worry.
7. "Therefore do not be anxious for tomorrow, for tomorrow will take care of itself". (Matthew 6:34a). Jesus makes it clear that worry is the wrong focus on life and that it is wrong to let tomorrow's possible problems tear you apart today. "Sufficient unto the day is the trouble thereof" (Matthew 6:34b). This is God's answer to worry.
8. Don't focus on tomorrow's problems. There are enough to handle today. Tomorrow belongs to God.
9. Planning or preparing for tomorrow does not constitute worry (James 4:13ff). Planning and worry are two different matters. You should plan what you should do, but do not worry about it. Begin your plan with the thought, "If the Lord wills..." Keep your plans under submission to God's will.
10. He may have better plans than yours. Therefore, what is there to worry about if you have submitted your plans to Him?
11. The alternative to worry is concern. You can't turn off concern; but you can redirect it.
12. Turn away your concern for tomorrow and focus on your concern on today.
13. Concern is right, not wrong; but concern for tomorrow results in frustration and creates harm to the body and the mind.

14. Concern for the problems of today means you can do something about it now, you can act, you can accomplish, and you can solve problems, because they are today's problems (Matthew 6:24-34).
15. Whatever the problem, divide it into parts that can be accomplished one day at a time. Each day, rejoice in the Lord for the accomplishment of that day. This fulfills God's requirements of Matthew 6.
16. Be careful that worry is not laziness (Matthew 25:25-26). Something can always be done about today's problems (1 Corinthians 10:13).
17. The power of the Holy Spirit can help you change your attitude toward problems. If nothing else will change, you can; therefore, there is always something that can be done.
18. When you are tempted to worry, write out three questions and leave enough space between each one to answer them later. You should ask:
 - a) What is my problem?
 - b) What does God want me to do about it?
 - c) When, where and how should I begin?
19. Define your problem, then look for the solution in the scriptures. Divide the problem into daily parts, then get to work on today's part of that problem.
20. Remember, Abraham got up early to do the hardest job he was ever asked to do (Genesis 22:3).
21. For the Christian, there is no place for worry (Romans 8:28). For the unbeliever, there is a great deal to worry about (John 1 :12; 2 Thessalonians 1 :7-9; Jude 11-13).
22. Refer to Appendix 3: "You Can Change."

Other Scripture references:

Proverbs 12:25; 14:30; 17:22
Matthew 6:24-34
Philippians 4:6-7
1 Peter 5:6-7