

Worry: the wide road to nowhere....

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Today's World

This Generation is the most enlightened, healthy, wealthy, enhanced civilization to have ever occupied this sphere called Earth, and we are literally worrying ourselves to death.

- The word worry comes from the old English root which means “to strangle.”
- What is a “worry wart”?
 - One who is overly anxious and worries constantly.

Our Progression of Worry

- What is no one likes me at school?
- Am I pretty?
- Will I make it through school?
- Will I get married and have children?
- Will my children grow up in a safe world?
- Will have enough money to rear a family?
- Am I getting gray and wrinkled?
- Will I make it to retirement?
- Am I sick?
- Am I going to die?

An Alarming FACT!

Worrying can cause illnesses. Studies have shown that 70% of all illnesses are psychosomatic—which means physical symptoms brought on by emotional disturbances and stress.

Important Questions

- 1) What good can come from fretting and worrying? Nothing.
- 2) Can I change the situation by getting all upset? NO.
- 3) What will happen to me if I stew and fret about this? I will get sick and more upset.

Points to Learn

- 1) The birds teach us not to worry.
Matthew 6:26
 - Would our heavenly Father neglect us and watch out more for the birds? We are made in His image and have His spirit in us. Are we not worth more than the birds?

- 2) A yard stick can teach us not to worry

Matthew 6:27

- Can worry put us in a smaller dress size, or in some cases, a larger one?
- Can worry make us shorter or taller?
- Can worry pay a bill or climb a hill?

Worry is like a rocking chair; it keeps us busy but takes us nowhere.

- 3) a child teaches us not to worry

Proverbs 3:5-6

- A child has unconditional trust
- We are to become as a little child

Worry can lead to sin because, in essence we are saying, “I don’t trust my Father to take care of me.” Our problems become smaller when viewed in the shadow of the Almighty!

Three Classes of Worry

- 1) things which have already happened

If we have sinned, repent and put it behind us and move on. Spilled milk cannot be put back into the glass and we can’t un-ring a bell. A great majority of our worrying is a rerun anyway.

- 2) things which must happen.

Some things are inevitable. We are all going to die unless the Messiah returns first.

Hebrews 9:27

- 3) Things which will never happen.

Someone once said that 85 % of what we worry about will never happen, so why waste our time?

Ephesians 5:16

Practical points to Consider....

- 1) Learn to relax and listen to music, it calms us.
- 2) Sing, it releases endorphins which create soothing effect.
- 3) Deep breathing through the nose with the mouth closed.
- 4) Work on maintaining good health...eat properly and exercise.
- 5) If you are a people pleaser, decide if the “thing” you’re doing is something you want to do.
- 6) Learn to say No, and set some boundaries.
- 7) Remember you cannot please everyone and make them happy.
- 8) Memorize bible verses which teach putting on the whole armor and trusting our Father.

- 9) Don't let negativisms from one person over shadow all the other positives in your life.
- 10) We are responsible and accountable for our own lives. If we cannot help ourselves, how can we help others?
- 11) It is not our responsibilities to fix everyone else's problems. Trust our Father to help them, do what we can but not at the expense of our health and peace of mind.
- 12) Let it Go (Let it go for 2006 by Jakes—see article)

Conclusion

John 14:27-28

Numbers 6:24-27