

**What's Your Problem?
Dealing with Worry
Psalm 139:23-24**

- I. The Problem of Worry - Psalms 139:23-24; Ecclesiastes 11:10**
 - A. Worry Robs You of Your Joy - Romans 15:13**
 - B. Worry Makes You Unfruitful - Matthew 13:22; Luke 21:34**
 - C. Worry Doesn't Accomplish Anything - Psalms 127:2; Matthew 6:27**
 - D. Worry Shows a Lack of Trust in God - Isaiah 26:3-4; Romans 14:23**

- II. Understand Worry**

- A. Worrying vs. Godly Concern - 1 Corinthians 7:32; 1 Corinthians 12:25; Philippians 2:20; 2 Corinthians 11:28**

Godly concern is “a genuine, attentive care that results in positive, responsible action.”

- B. What Do We Worry About?**

- i. Relationships**
 - ii. Work**
 - iii. Finances**
 - iv. Health - Matthew 6:25, 31-32**

- C. Why Do We Worry?**

- i. We don't know the future**
 - ii. We can't solve all our problems**
 - iii. We can't be everywhere at once**

- III. Dealing with Worry**

- A. Know That You Have a Heavenly Father - Matthew 6:26**
 - B. Trust in God - 1 Peter 5:7; John 14:1; John 14:27; Psalms 139:16**
 - C. Learn to Live in the Present - Matthew 6:33-34**
 - D. Pray About It - Philippians 4:6-7**
 - E. Fill Your Mind with Good Thoughts - Philippians 4:8**
 - F. Grow in the Fruit of the Spirit - Proverbs 17:22, Psalms 94:19**