

WORRY DOESN'T WORK

ANXIOUS FOR NOTHING

Here is a checklist to see whether or not you are a worrier:

- You tend to dwell on problems
- You feel insecure about the future
- You are easily upset by small annoyances
- You feel out of touch with God
- You are naturally critical
- You feel burned out
- You have a problem accepting defeat
- You find loose ends hard to handle
- You are extremely time conscious
- You are defensive and confrontational
- You constantly rehash past events keeping you up late
- You have physical symptoms (headaches & backaches)

Philippians 4:6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. **7** Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. *(NLT)*

HOW CAN I FIGHT MY NATURAL TENDENCY TO WORRY?

Matthew 5:1 One day as he saw the crowds gathering, Jesus went up on the mountainside and sat down. His disciples gathered around him, **2** and he began to teach them. *(NLT)*

Thought #1

Keep An _____ Focus

Matthew 6:19 "Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. **20** Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. **21** Wherever your treasure is, there the desires of your heart will also be. *(NLT)*

Thought #2

Where The _____ Goes The
_____ Flows.

Matthew 6:22 "Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. **23** But when your eye is unhealthy, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is! *(NLT)*

Thought #3

Division Causes _____

Matthew 6:24 "No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money. *(NLT)*

Thought #4

Worry Is The Enemy Of _____

Matthew 6:25 “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? **26** Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? **27** Can all your worries add a single moment to your life? **28** “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, **29** yet Solomon in all his glory was not dressed as beautifully as they are. **30** And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? *(NLT)*

Proverbs 3:5 Trust in the Lord with all your heart; do not depend on your own understanding. **6** Seek his will in all you do, and he will show you which path to take.

Thought #5

God Cares About Every _____ Of Your Life

Matthew 6:31 “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ **32** These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. **33** Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. **34** “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” *(NLT)*

Psalms 139:17 How precious are your thoughts about me, O God. They cannot be numbered! **18** I can’t even count them; they outnumber the grains of sand! And when I wake up, you are still with me! *(NLT)*

Thought #6

Trust God As Your _____

Matthew 6:33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. **34** “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” *(NLT)*

Jeremiah 17:7 “But blessed are those who trust in the Lord and have made the Lord their hope and confidence. **8** They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit.

Philippians 4:6 Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. **7** Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **8** And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. **9** Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. *(NLT)*

2022 Devotions:
Ohio For Jesus
Prayer Guide: Week #16