

## Worry

Everyday we have an opportunity to worry about something- our health, money, family, jobs, the economy. If we let them, our worries can consume our lives. But worry is unproductive all it does is produce anxiety, stress, and fear. It will rob you of peace, joy, and faith. It can cloud your mind with irrational thinking. But there is great news- God's plan is for you to live a worry-free life! How this possible, simple - by putting your complete trust and confidence in God's Word.

**Matthew 6:25-27** Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?

**Romans 8:31** What then shall we say to these things? If God is for us, who can be against us?

**Psalms 55:22** Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.



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*Adapted from "Keep Calm and Trust God" by J&K  
Provance for Men In The Hood Ministries  
Gardenside Baptist Church, Lexington KY*

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**Prayer** – Lord help me not to worry about anything. I am looking to you to see me through this situation. In obedience to your Word, I cast all my care, concern and worry on you. Grant me your peace to remain steady and calm. Help me to let your peace rule and reign in my heart. I put my trust and confidence in you. I know you love me and care for me as a loving Father. I know you will not let me down. I believe you are working everything out for my good. Lord, reveal to me your perfect will in this situation. Let me keep looking to you and not let my heart be troubled or fearful. Help me to be spiritually strong and courageous and not to let my emotions or feelings dictate my actions. Amen.

**Quote** “Worry implies that we don’t quite trust God is big enough, powerful enough, or loving enough to take care of what’s happening in our lives.” - Frances Chan

**Quote** “Worry does not empty tomorrow of its sorrow, it empties today of its strength.” - Corrie Ten Boom (holocaust survivor)



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