



# COUNTER CULTURE CHRIST



## REVERSE YOUR WORRY

RENÉ SCHLAEPFER | MAY 11 & 12

### THE PROBLEM WITH WORRY

- **Worry** \_\_\_\_\_  
“**Who of you by worrying** can add a single hour to your life?” Matthew 6:27 (NIV)
- **Worry** \_\_\_\_\_  
“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. **Is not life more important** than food, and the body more important than clothes?” Matthew 6:25
- **Worry** \_\_\_\_\_  
“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. **Are you not much more valuable** than they?” Matthew 6:26
- **Worry** \_\_\_\_\_  
“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, **will he not much more clothe you—you of little faith?**” Matthew 6:28-30

**The root of all worry:** Doubting \_\_\_\_\_

# THE PREVENTION OF WORRY

1. \_\_\_\_\_

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Matthew 6:34

2. \_\_\_\_\_

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” Matthew 6:33

When you are tempted to borrow \_\_\_\_\_,  
look for a way to get into what God is doing \_\_\_\_\_.

3. \_\_\_\_\_

“So **do not worry**, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and **your heavenly Father knows** that you need them.” Matthew 6:31-32

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. **Do not let your hearts be troubled** and do not be afraid.”

John 14:27

“**Do not be anxious about anything**, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And **the peace of God**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:6,7

Application: Begin your day \_\_\_\_\_

## Resources used in preparation of this message

- Rick Warren, “How To Keep From Stressing Out” (Saddleback Church, 9/19/14)
- Andy Stanley, “Worry Not” (North Point Church, 5/2/15)

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