

How can a believer overcome worry?

There are many professing Christians who are very worried about what might happen to them in their life. Not only are they fearful of persecution but many are worried about what might happen with respect to their work or their family members or their health.

1. What is meant by worry?

Isaiah **8:19-22**

Luke 12:22-26

1 Samuel **8:7**

Matthew **6:24-27**

1 Samuel **1:5-6**

2 Chronicles 14:11-13 cmp 2 Chronicles **16:6-10**

According the dictionary, worry means to “give way to anxiety or unease; to allow one's mind to dwell on difficulty or troubles” or “a state of anxiety and uncertainty over actual or potential problems”.

According to the Bible, worry means to have a compelling anxiety over current or future state of events about which you often have very little control over. Ultimately, to worry is to refuse to trust God for the circumstances of life. It is the believe that what ever uncomfortable situation I find myself in, it is up to me to find the solution. Worry is often accompanied by being anxious not only for a general situation but being completely prepared fore every possible scenario that one can conceive of.

2. Is it a sin to worry?

Psalms **37:1**

Philippians **4:6**

To fret, to be anxious, or to worry are identify by God as being sinful. We are told to not worry nor to be afraid. Worry is almost always accompanied with some type of fear of what could happen.

3. What can I do when I find myself beginning to worry?

Philippians **4:6-7**

Proverbs 24:19-20

Psalms **37:7-9**

Proverbs **3:5-6**

The place to begin is prayer. Take your concerns, anxieties, and potential anxieties and present them to God for Him to handle them and to guide you through or around them. The goal of the prayer is to learn to trust God and God's plans. The solution lies in believing and trusting that God has the situation fully under control and no matter what the circumstances are or what they could become, to know that nothing escapes the care and reach of God should bring about comfort.

4. What should I consider to help keep me from worrying?

Matthew **6:27-34**

Luke 12:11-12

Matthew **10:18-20**

Always keep in mind that you have no real knowledge of what WILL happen but God does know. Therefore keep in mind that no matter what happens, God is still in control to carry you through or

around all difficulties. For the most part people worry about things that they have no control over. If you do not have control over them, your need to consider what is the benefit of worrying about them. It is also helpful to remember that no matter what happens in life, you do not go through it alone but God is always with you and will give you the words, comfort, and peace that you need to succeed.

5. Is concern different than worry?

Luke **14:28-33**

Philippians **1:21-24**

While worry is an anxiety over what might happen that impairs your functionality, concern is an attempt to evaluate what could happen in order that you might head off some plausible issues. It is wise to plan for the future but not wise to be controlled by the improbabilities of life nor the possibilities. It is wise to consider the future and its possibilities but leave the outcome to God and trust in him for what he will do in your midst