



## Red – Bothe(red): Worry

Pastor Brian Richardson

Series Title: Red Letters

Sunday, May 18, 2008

Don't Worry, Be Happy- Bobby McFerrin  
Here is a little song I wrote  
You might want to sing it note for note  
Don't worry be happy  
In every life, we have some trouble  
When you worry you make it double  
Don't worry, be happy

\*10%- very little time

\*19%- average amount of time

\*18%- a lot of time

\*53%- way too much time

Family/relationships/friendships  
Lack of security/job/money  
An uncertain future/health and aging  
Losing control

### [Matthew 6:25-34 NLT](#)

To feel or experience concern or anxiety...to feel uneasy about something...to fret...to be troubled.

Mind  
Divided  
Distraction

### **Worry limits our perspective...**

[Matthew 6:25 NLT](#) (Bold and underline Doesn't life consist of more)

### **Worry assumes self-reliance...**

"Practical Atheism"

[Matthew 6:26 NLT](#) (Bold and underline: your heavenly father feeds them. And you are far more valuable)

[1Peter 5:7 NLT](#)

### **Worry is counter-productive...**

[Matthew 6:27 NLT](#)

"Chemicals released during extended periods of worry wreck havoc on our physical being, with symptoms ranging from headaches to high blood pressure. Chronic worriers are prone to heart conditions and as a general rule, are not too much fun to be around."

Dr. Susanne Gaddis

Worry/Stress reducing steps...

### **Step #1- Rest in God's awareness**

[Matthew 6:31-32 NLT](#) (Bold and underline-Your heavenly Father already knows all your needs)

**Everyone Worries.**  
**How much time do you spend worrying?**  
**Do you ever wish someone else could do your worrying for you?**

**Deposit your worries at**



[Matthew 16:18](#) "...I will build my church and the gates of Hades will not prevail against it."

**Step #2- Rely on God's provision**

[Matthew 6:33 NLT](#) (Bold and underline- He will give you all you need)

Who is my provider?

Where does my provision come from?

[Philippians 4:6-7 NLT](#)

**Step #3- Don't borrow troubles**

[Matthew 6:34 NLT](#) (Bold and underline- don't worry about tomorrow)

**Step #4- Do what you can**

**Worries Inventory**

There are times when you feel overwhelmed with the cares and concerns of life. Chances are, the anxiety we feel is not the result of a single situation...but many. By conducting an inventory of the things we are worried about, we can remove the vagueness, and focus on the specific situations that are causing us stress. Take a moment and list everything you are worried about.

Work    Family    Friends    Finances    Spiritual Journey    Health

Is there anything I can do?

[Psalm 38:18 NASB](#)