

Anxiety and Worry

Why Worry Is Dangerous

1. It robs you of your Joy
2. You focus on the problem, not God- Matt. 6:33
3. It allows circumstances to control you
4. Worry = doubt
5. You end up relying on yourself- Ps. 55:22
6. It accomplishes nothing- Ps. 127:2

The Cure for Worry- Psalm 37:1-8

1. Trust in the Lord- vs. 3
2. Delight in the Lord- vs. 4
3. Commit your way to the Lord- vs. 5
4. Wait patiently on the Lord- vs. 7