

# Don't Worry, Be Happy

(Clearing the Field to Live an Abundant Life Series #2)

January 27, 2008

## Review

Jesus came that we might live an abundant life.

To live an abundant life we must "clear the field" of sin.

## What IS Worry?

### A Seminar on Worry – Matthew 6:25-34

v25 ...do not worry about your \_\_\_\_\_

v27 Who... by worrying can add a single \_\_\_\_\_ to his life?

v28 ...why do you worry about \_\_\_\_\_?

v31 So do not worry... (like the) \_\_\_\_\_

v34 ...do not worry about \_\_\_\_\_

## What's Wrong with Worry?

Worry is \_\_\_\_\_ Heb. 11:6

Worry is \_\_\_\_\_, not \_\_\_\_\_ 2 Tim. 1:7

Worry affects our \_\_\_\_\_

Worry affects our \_\_\_\_\_

## How to eliminate worry:

1. Stop worrying about only 2 things...

things you \_\_\_\_\_ .

things you \_\_\_\_\_ .

2. Do not \_\_\_\_\_ your hearts be troubled. John 14:1

3. Do not be \_\_\_\_\_ about anything, but in everything, by \_\_\_\_\_ and petition, with \_\_\_\_\_, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Phil. 4:6,7

### Some quotes about worry...

Worry can't change the past, but it can ruin the present.

Worry never changes a single thing – except the worrier.

Worry's like a rocking chair – it gives you something to do, but it never gets you anywhere.

A problem not worth praying about is not worth worrying about.

Worry is the interest we pay when we borrow from tomorrow's problems.

Worry is like putting your car in neutral and revving the engine.... It burns oil and gas and is hard on the engine and really doesn't get you anywhere.

Corrie Ten Boom:

"Worry does not empty tomorrow of its sorrow, it empties today of its strength.

Gordon Macdonald:

"No man ever sank under the burden of the day. It is when tomorrow's burden is added to the burden of today, that the weight is more than a man can bear."

E. Stanley Jones:

"I am inwardly fashioned for faith, not for fear. Fear is not my native land; faith is. I am so made that worry and anxiety are sand in the machinery of life; faith is the oil. I live better by faith and confidence than by fear, doubt, and anxiety. In anxiety and worry, my being is grasping for breath – these are not my native air. But in faith and confidence, I breath freely – these are my native air.