

## PEACE OF MIND WHY DO I ALWAYS WORRY?

- **About 60% of adults in the United States struggle with worry and stress *daily*.**
- **We tend to experience worry in our minds.**
- **We generally experience anxiety in our bodies.**
  
- **Finances**
- **Food**
- **Fitness**
- **Fashion**
- **Future**

*“Therefore I tell you, do not worry ...”* Matthew 6:25 NIV

*“... You cannot serve both God and money.”* Matthew 6:24 NIV

*“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. ...”*

Matthew 6:25 NIV

*“Therefore do not worry about tomorrow, for tomorrow will worry about itself. ...”* Matthew 6:34 NIV

*“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 NIV

- **Concern focuses on challenges and moves you to action.**
- **Worry focuses on what's beyond our control and results in inaction.**

*“Can any one of you by worrying add a single hour to your life?”*  
Matthew 6:27 NIV

**What you worry about most  
reveals where you trust God the least.**

*“But seek first [God’s] kingdom and his righteousness, and all these things will be given to you as well.”* Matthew 6:33 NIV

### **What You’re Worried About Today ...**

#### **1. May never happen.**

**91% of their worries did not come true.**

**Less than 10% of what you worry about will happen.  
But your worry will rob you of peace 100% of the time.**

#### **2. May happen and won’t be as bad as you thought.**

#### **3. May happen and God will carry you through it.**

### **TALK IT OVER**

Read **Matthew 6:33**. How could seeking God’s kingdom impact your thought life and worries?

Talk about the difference between worry and concern. How could you change your worries into concern that moves you to action?

Share about a time when you worried about something that didn't actually happen or wasn't as bad as you thought. How could that experience impact how you handle worry this week?