

tough QUESTIONS



how do we
NOT worry?

One Tough Question:

How do we NOT worry? I know the pat answers: Trust God, He's in control, etc. But I still have to live, pay bills without enough income to cover the "outcome," no health insurance, getting old and alone. Why is life so hard when you try to live right?

What is Worry?

It is closely related to, but different from, two other powerful emotions.

- **Fear** – the emotion of _____ in reaction to a _____ or threat.
- **Anxiety** – a long-term feeling of _____, a vague perception of threat that won't _____.
- **Worry** – is the mental action of bringing up _____, mulling them over and contemplating _____.

Worry is a cycle of inefficient thoughts whirling around a center of fear. Worry doesn't empty tomorrow of its sorrow; it empties _____ of its _____.

Corrie Ten Boom

A Close-up Look at Worry (Luke 10:38-42)

Worry expresses itself in many faces:

- _____
Martha was distracted with all her preparations... (v. 40)
- _____
"Lord, do you not care..." (v. 40b)
- _____
"My sister has left me to do all the work by myself." (v. 40c)
- _____
"Then tell her to help me!" (v. 40d)

RX for Peace (Philippians 4:6-9)

1. _____ -
Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (v.6)
2. _____ -
Whatever is noble...right...pure...lovely...admirable...excellent or praiseworthy – think about such things. (v.8)
3. _____ -
Whatever you have learned or received or heard from me, or seen in me – put into practice. And the God of peace will be with you. (v.9)