

## Study Guide "What If I Let Go of Worry?"

Study: Matthew 6:19-34, Philippians Chapter 4

What Are Three Problems or Consequences Of Worry?

1. Health \_\_\_\_\_.
2. Keeps you from enjoying the \_\_\_\_\_.
3. Sin

A lifelong habit of worry will drive you to an early grave.

Worry doesn't just remove years from your life, it removes \_\_\_\_\_  
\_\_\_\_\_ from your years.

Did you know that worry stems from a lack of faith, and anything that is not faith is a \_\_\_\_\_. Check it out? Romans 14:23

If you're willing to give up worry, your life will get better in a number of ways.

- a.) You'll learn to focus on what's important.
- b.) You'll recognize the provision of God.

Most of the things we worry about are \_\_\_\_\_, and, in my experience, most of the things we worry about never come to pass

***Three steps you can take to help you put worry in its place..***

### ***1. Check your priorities.***

Worry is a signal that something isn't \_\_\_\_\_, and it's usually related to our priorities.

When we worry, it's because we're putting something ahead of God. That means that when you worry, sin or the consequences of the sin is involved.

What do you worry about?

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## ***2. Check your prayer-life.***

Just as worry is a signal that something isn't right, it's also a signal that we need to devote more time to prayer.

You do not have because you do not ask God. James 4:2

Cast all your anxiety on him because he cares for you. (1 Peter 5:7)

If you want to get rid of worry, focus on praying more.

## ***3. Check your practices.***

Look at what you do, and take action in the right action in the right direction.

Just as there is a correlation between worry and prayer, there is a correlation between worry and action. The more you do of one, the less you'll do of the other.

Worry is a signal that something isn't right.

Choose one, for just a moment. ----Write this worry down in your outline.

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