

War Zone
Part III
Defending against worry...
April 1, 2007
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The seed cast in the weeds represents the ones who hear the kingdom news *but are overwhelmed with worries about all the things they have to do and all the things they want to get. The stress strangles what they heard, and nothing comes of it.*

Mark 4:18-19 **TMSG**

Worry robs you of the potential that is within God's word!

How do you defend against worry?

Recognize that you are worrying!

So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

Matthew 6:31 **NIV**

Stop, listen and learn!

Realize worry doesn't help.

Can all your worries add a single moment to your life? Of course not.

Matthew 6:27 **NLT**

Worry doesn't add, it takes away!

Remember: One day at a time!

Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

Matthew 6:34 **TMSG**

God's mercies are new every day!

Request on God's faithfulness...

Remember the things I have done in the past. For I alone am God! I am God, and there is none like me.

Isaiah 46:9 **NLT**

God's faithfulness never ends...

Release God's assistance...

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down.

It's wonderful what happens when Christ displaces worry at the center of your life.

Philippians 4:6-7 **TMSG**

Worrying is a poor way to spend your time...Prayer is profitable!

_____ your worries to God...

Throw the whole of your anxiety upon Him, because He Himself cares for you.

1 Peter 5:7 **MSNT**

Remember: Don't pick them up again!