

Overcoming Worry

A. The threat of worry to our spiritual growth and wellbeing

- It's ineffective because it never really accomplishes or solves anything
- It is pointless because it always exaggerates the problems
- It is detrimental because it is the source of many physical and emotional health issues

B. The strategy to overcoming worry is found in 4 factors

- We must know that Jesus Christ is our Lord and Shepherd
- We must know that the Lord our Shepherd will take care of us
- We must talk to the Lord our Shepherd about the things that worries us
- We must trust the Lord our Shepherd's leading one day at a time