

Today's Message: "Overwhelmed by Worry?"

The Worry Reality...

- 40% of what people worry about never happens.
- 30% has already happened and can't be changed.
- 22% are about problems which are beyond our control.
- 8% of what we worry about we have somewhat power over

Philippians 4

<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand;

<sup>6</sup> do not be anxious about anything,...

- Worry is rooted in fear. Fear of the unknown or fear of what we cannot control
- Common responses; stuff, overwhelm, or medicate.

*...but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

"Worry: Part 3"

Pastor Scott Stevens

January 16 & 17, 2016

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### Parenting Vision

1. Define Happy?
2. Parenting as an honor not a duty.
3. Parenting out of confidence not insecurity.
4. Parenting out of purpose not fear.

#### *Psalm 23*

*<sup>1</sup> The LORD is my shepherd; I shall not want. <sup>2</sup> He makes me lie down in green pastures. He leads me beside still waters. <sup>3</sup> He restores my soul. He leads me in paths of righteousness for his name's sake. <sup>4</sup> Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. <sup>5</sup> You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. <sup>6</sup> Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.*

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#### **Small Group or Personal Reflection Questions:**

1. Review the results of the “worry survey.” Are you a worrier (be honest!)? What is your reaction to the “worry survey?”
2. Share with the group 1 or 2 of your most current and stressing “worries.” If you have children include one that revolves around your children.
3. Discuss this statement. “Concern is healthy, when worry overwhelms our concerns it robs us of joy and hope”.
4. What is currently robbing you of your joy? What will you do about it?
5. Read Psalm 23. How does it speak to worry?

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