

# CONQUERING WORRY

**WORRY (Webster) mental distress or agitation resulting from concern, usually for something impending or anticipated, mental pain, anxiety.**

## **(1) WORRY IS SIN**

Rom. 14:23 And he that doubteth is damned if he eat, because *he eateth* not of faith: for whatsoever is not of faith is sin.

Heb. 3:10 Wherefore I was grieved with that generation, and said, They do alway err in *their* heart; and they have not known my ways.

## **(2) WORRY CROWDS OUT GOD'S WORD**

Mark 4:19 And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful.

Luke 21:34 And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.

## **(3) WORRY LIMITS GOD IN OUR LIFE**

Psa. 78:41 Yea, they turned back and tempted God, and limited the Holy One of Israel.

Mark 6:5 And he could there do no mighty work, save that he laid his hands upon a few sick folk, and healed *them.*

## **(4) WORRY VIOLATES THE LAW OF FAITH**

Rom. 3:27 Where *is* boasting then? It is excluded. By what law? of works? Nay: but by the law of faith.

Rom. 4:16 Therefore it is of faith, that it might be by grace: to the end the promise might be sure to all the seed; not to that only which is of the law, but to that also which is of the faith of Abraham; who is the father of us all.

## **(5) WORRY ROBS US OF JOY AND PEACE**

Rom. 15:13 Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

Phil. 1:25 And having this confidence, I know that I shall abide and continue with you all for your furtherance and joy of faith.

## **(6) WORRY GRIEVES OUR GOD**

Heb. 3:10 Wherefore I was grieved with that generation, and said, They do alway err in *their* heart; and they have not known my ways.

Heb. 10:38 Now the just shall live by faith: but if *any man* draw back, my soul shall have no pleasure in him.

## **(7) WORRY IS A STUMBLING BLOCK FOR OTHERS**

2Cor. 3:2 Ye are our epistle written in our hearts, known and read of all men.

## **(8) WORRY IS DETRIMENTAL TO HEALTH**

Prov. 16:24 Pleasant words *are as* an honeycomb, sweet to the soul, and health to the bones.

3John 1:2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

## **(9) WORRY CREATES A SELF CENTERED MINDSET**

Rom. 12:3 For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

Col. 3:1 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Col. 3:2 Set your affection on things above, not on things on the earth.

Col. 3:3 For ye are dead, and your life is hid with Christ in God.

## **(10) WORRY KEEPS THE PROBLEM "IN OUR HANDS"**

James 1:6 But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.

James 1:7 For let not that man think that he shall receive any thing of the Lord.

James 1:8 A double minded man *is* unstable in all his ways.

## **CONQUER WORRY**

### **FOCUS ON JESUS**

Heb. 12:1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset *us*, and let us run with patience the race that is set before us, Heb. 12:2 Looking unto Jesus the author and finisher of *our* faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

Is. 26:3 Thou wilt keep *him* in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

John 10:9 I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture.

2Pet. 1:2 Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord,

Rev. 2:4 Nevertheless I have *somewhat* against thee, because thou hast left thy first love.

Rev. 2:5 Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent.

1Cor. 1:9 God *is* faithful, by whom ye were called unto the fellowship of his Son Jesus Christ our Lord.

Prov. 9:10 The fear of the LORD *is* the beginning of wisdom: and the knowledge of the holy is understanding

Eph. 4:21 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus.

Is. 54:10 For the mountains shall depart, and the hills be removed; but my kindness shall not depart from thee, neither shall the covenant of my peace be removed, saith the LORD that hath mercy on thee.

Matt. 11:29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. Matt. 11:30 For my yoke *is* easy, and my burden is light.

Rom. 8:38 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

Rom. 8:39 Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

2Tim. 1:12 For the which cause I also suffer these things: nevertheless I am not ashamed: for I know whom I have believed, and am persuaded that he is able to keep that which I have committed unto him against that day.

### **LIVE IN THE "NOW"**

Psa. 46:1 God *is* our refuge and strength, a very present help in trouble.

2Cor. 6:2 (For he saith, I have heard thee in a time accepted, and in the day of salvation have I succoured thee: behold, now is the accepted time; behold, now is the day of salvation.)

Psa. 23:6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

Rom. 4:19 And being not weak in faith, he considered not his own body now dead, when he was about an hundred years old, neither yet the deadness of Sara's womb: Rom. 4:20 He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God;

Rom. 8:1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

Rom. 13:11 And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed.

Rom. 15:13 Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

## **"VOICE ACTIVATE" YOUR FAITH AND FUTURE**

Rev. 12:11 And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

Prov. 16:24 Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.

Prov. 15:4 A wholesome tongue is a tree of life: but perverseness therein is a breach in the spirit.

James 3:6 And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell.

Prov. 15:23 A man hath joy by the answer of his mouth; and a word spoken in due season, how good is it!

Eph. 4:29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. Eph. 4:30 And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

Matt. 15:11 Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man.

## **HIDE YOURSELF IN HIS GLORY**

2Cor. 3:18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

2Cor. 4:1 Therefore seeing we have this ministry, as we have received mercy, we faint not.

Gen. 1:26 And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

Col. 3:10 And have put on the new man, which is renewed in knowledge after the image of him that created him:

Rom. 8:29 For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.

Psa. 31:20 Thou shalt hide them in the secret of thy presence from the pride of man: thou shalt keep them secretly in a pavilion from the strife of tongues.

Psa. 143:9 Deliver me, O LORD, from mine enemies: I flee unto thee to hide me.

Matt. 6:6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.