**Finding Hope in Handling Worry**

**Worry Turns Your Head**

**Introduction**

1. Worry Tears You Up.

“worry” – merimnaw – “To divide, rip or tear apart.”

2. Worry Makes You Small.

**Matthew 6:25** ‐ *Is not life more than* \_\_\_\_\_\_?

3. Worry Steals Your Hope.

4. Worry Wastes Your Time.

**Matthew 6:27** ‐ *And who of you by being worried can add a single hour to his life?*

5. Worry Offends Your Father.

6. Worry Leads You Astray

**[read Matthew 6:25-34**]

3 ways worry turns your head:

**I. Worry Distracts You From What You Should Want the Most**

A. The kingdom of God

**Matthew 5:3** ‐ *Blessed are the poor in spirit, for theirs is the kingdom of heaven.*

**Matthew 5:10** ‐ *Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven.*

**Matthew 5:19** ‐ *Whoever then annuls one of the least of these commandments, and teaches others to do the same, shall be called least in the kingdom of heaven; but whoever keeps and teaches them, he shall be called great in the kingdom of heaven*

**John 19:15a** ‐ *…“Shall I crucify your King?”*

**John 19:15b** ‐ *The chief priests answered, “We have no king but Caesar.”*

**John 19:19** ‐ *Pilate also wrote an inscription and put it on the cross. It was written, “JESUS THE NAZARENE, THE KING OF THE JEWS.”*

**John 19:21** ‐ *So the chief priests of the Jews were saying to Pilate, “Do not write, ‘The King of the Jews’; but that He said, ‘I am King of the Jews.’ ”*

**John 19:22** ‐ *Pilate answered, “What I have written I have written.”*

B. His righteousness

**II. Worry Distracts You From What You Should Do First**

A. Don’t worry about tomorrow

French Philosopher Michel de Montaigne – “My life has been full of terrible misfortunes most of which never happened.”

C. H. Spurgeon – “Such strange creatures are we that we probably smart more under blows which never fall upon us than we do under those which actually come.”

B. Use your energy to focus on accomplishing today’s responsibilities and seizing today’s opportunities

**Matthew 6:34** ‐ *So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.*

**III. Worry Distracts You From Where Your Hope Should Be Found**

**Psalm 146:5** ‐ *How blessed is he whose help is the God of Jacob, Whose hope is in the Lord his God,*