



WEIGHT OF WORRY | WEEK 1
PASTOR DANNY ANDERSON

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. *Hebrews 12:1*

Life becomes _____.

Letting go of _____

What is your top **worry** right now? _____

Worry: Mental distress or agitation resulting from concern usually for something impending or anticipated.

You were not _____ to worry.

Can all your worries add a single moment to your life? *Matthew 6:27*

"Worry has never brightened a day, solved a problem, or cured a disease."
Max Lucado

Worry is _____.

How do we let it go?

1. Live _____ at a time.

So don't worry about **tomorrow**, for **tomorrow** will bring its own worries. **Today's** trouble is enough for **today**. *Matthew 6:34*

"We suffer more in imagination than in reality." – Lucius Annaeus Seneca

"Our plain duty is not to see what lies dimly at a distance, but what clearly lies at hand." – Sir William Osler

2. _____ in God.

"Worry is essentially distrust in God." – William Barclay

"There may be greater sins than worry, but certainly there is no more disabling sin." – William Barclay

Don't worry about anything; instead, **pray** about everything. Tell God what you need, and thank him for all he has done. *Philippians 4:6*

Then you will experience God's **peace**, which exceeds anything we can understand. His peace will **guard your hearts** and **minds** as you live in Christ Jesus. *Philippians 4:7*

What is your view of God?

God is our **refuge** and **strength**, a very present help in trouble. Therefore we will **not fear**... *Psalms 46:1-2*

When you see God _____, trust comes _____.

You will keep in perfect **peace** all who **trust** in you, all whose thoughts are fixed on you! *Isaiah 26:3*

Will you let go of worry?



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overwhelming
worry
designed
destructive
one day
Trust
accurately, easy