



Sermon Outline
March 30, 2025
Pastor Bryan Myers

The Weight of Worry

Matthew 6:25-34

The Great Worry Myth:

***I can solve my problems by
_____ about them.***

Matthew 6:27 - Can any one of you by worrying add a single hour to your life?

Three truths about worry:

1. Everyone is _____.

** There's a sense in which worry is a lot like the _____.*

** We live in a _____ world
where we can be connected to everyone else's anxieties.*

*** Worry is the path of _____.**

*** We all deal with _____.**

A _____ N _____ T _____

*** Life equals _____.**

** Nothing stays the same forever. We either work with and through the changes and we grow, or we resist and regress.*

*** Worry can become connected to your _____.**

2. Worry is a _____.

** Worry isn't worthy of the effort and energy it expends.*

*** Worry is neither helpful or _____.**

** Anytime you try to control that over which you have no control, your life will feel _____.*

*** Many of our anxieties are bound up in _____.**

Worry pulls tomorrow's cloud over today's sunshine.

– Charles Swindoll

Matthew 6:34 -Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

3. Worry is almost always connected to _____.

What do faith and fear have in common besides the letter F? They both believe in a future that hasn't happened yet - a future over which they have little to no control over. The difference is that one believes in a future where God is in control.

*** Worry is the antithesis of _____
when it represents a mistrust of God's provision.**

Matthew 6:31-32 - So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them.

*** The challenge** – God often practices "Just in time delivery." He's never late but _____ early.

*** Two _____ (though not always easy)
suggestions for dealing with worry and anxiety:**

1. Keep the situation in perspective by having a conversation with _____.

Philippians 4:6 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

2. Guard your thought process by having a conversation with _____.

** Sometimes, instead of just listening to yourself, you need to _____.*

** When you have an anxious thought, simply acknowledge it and then decide not to _____ about it.*