

Stand Tall Against the Fear of Paralyzing What-ifs

Matthew 6:24-34

Worry Studies Show that:

____% of our worries will never happen

____% of our worries have already happened

____% of our worries are over unfounded health concerns

____% of our worries involve daily fretting that accomplishes nothing

____% of our worries are truly justified and lead to constructive action!

(Taken from Something to Smile About by Zig Ziglar)

How can we **stand tall** against worry – those paralyzing what-ifs?

Jesus teaches us that we must . . .

1. Recognize worry is d_____ vs.24, 25

A person who is not trusting God is not living by faith. *“Without faith it is impossible to please God”*
Hebrews 11:6

2. Realize God has a great “t_____ r_____” vs. 26-29

“Not one of all the Lord’s good promises to the house of Israel failed; every one was fulfilled”
Joshua 21:45

“Praise be to the Lord, who has given rest to his people Israel just as he promised. Not one word has failed of all the good promises he gave through his servant Moses” 1 Kings 8:56

“Jesus Christ the Son of God ... He carries out and fulfills all of God’s promises, no matter how many of them there are”
2 Corinthians 1:19, 20

The point is, we can overcome this fear as we realize God specializes in keeping His promises.

3. Refocus our p_____ v. 33

WWJD in the morning

DILLJT at night

“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

Two Keys to Praying about our What-ifs:

1. Enter Prayer with a humble attitude 1 Peter 5:7

2. Exit Prayer with a thankful spirit Philippians 4:6

