

# *How to Deal With How You Feel When You Feel Worried*

## I. Introduction

- A. Philippians 4:6a (NLT) *Don't worry about anything.*
- B. Matthew 8:23-24 (NLT) <sup>23</sup>*When Jesus got into the boat and started across the lake with his disciples. <sup>24</sup>Suddenly, a terrible storm came up, with waves breaking into the boat. But Jesus was sleeping.*

## II. Common Causes of Worry

- A. Unexpected problems
- B. Overwhelming circumstances
- C. Inadequate resources
- D. Feeling alone
  - 1. Matthew 8:25-27 (NLT) <sup>25</sup>*The disciples went to him and woke him up, shouting, "Lord, save us! We're going to drown!" <sup>26</sup>And Jesus answered, "Why are you afraid? You have so little faith!" Then he stood up and rebuked the wind and waves, and suddenly all was calm. <sup>27</sup>The disciples just sat there in awe. "Who is this?" They asked themselves. "Even the wind and waves obey him!"*

## III. Some Cures for Worry

- A. Ask for help.
  - 1. Philippians 4:6 (NAS) *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*
- B. Question your fears.
  - 1. John 14:27 (NAS) *"Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful."*
- C. Acknowledge God's control.

1. Proverbs 3:6 (TLB) *In everything you do, put God first, and he will direct you and crown your efforts with success.*
2. 1 Peter 5:7 (NAS) *Casting all your anxiety on Him, because He cares for you.*

#### **IV. Conclusion**