

THE CRIPPLING EFFECTS OF WORRY

10/13/2019

Message 30 in the series: **Learning how to rejoice in the Lord  
always**

Text: Philippians 4:6

Theme: Getting a proper understanding of worry.

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Worry seems to be a sin that people willing confess with no  
apparent thought of change

What is one of the most mentally fatiguing and emotionally  
draining things that you can do? **As a Christian with must deal  
with our worrying**

**I. Getting to the sin of your worry**

Being careful isn't always sin, **but being care-filled is**

**Worry is not just being concerned; it is being consumed**

So worry is sin because

1. It is pride-filled
2. It is care-filled
3. It is robbing us of rejoicing
4. It is taking our eyes off of the Lord

**II. Getting to the heart of your worry**

***"Worry gives small things big shadows"***

What is at the heart of worry? What is worry?

**NEXT WEEK**, let's look at what then Paul tells us to do with what  
we are worried about and filled with fear over

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