

Don't Let Worry Overwhelm You

Psalm 37:4; Matthew 6:31,32

Do you ever struggle with worry? The challenges of life can leave us all feeling a little anxious at times. Yet we're wise to guard against letting this emotion dominate our lives. Sadly, worry is one of the most destructive forces that can strike at the heart of a believer.

Toward the end of her life, the acclaimed Christian author Corrie ten Boom said it well: "Worry does not empty tomorrow of sorrows; it empties today of strength." The problem with worry is that it diverts our attention away from God and plants it firmly on the present situation. In Matthew 6:32,33, Jesus puts the struggles of life in perspective.

So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ...Your heavenly father knows that you need [these things].

Financial struggles form one of the most common sources of worry. It can be challenging to maintain your sense of peace and well-being when you don't know how the bills are going to get paid. Yet in those times it's most important for us to place our cares in God's hands.

God knows exactly where you're at today. He sees every care, every concern, and every crisis. And He is both willing and able to provide for you. He can open doors to answered prayer that reach beyond your imagination, asking only that you trust Him. So seek His face today, and leave your problems in His capable hands.

What are some ways worry can be a destructive force in our lives?

Why do you think it's so tempting to become caught up in worry even when we know God is able and willing to meet our needs?

What are some situations that tend to cause you worry? What negative impact has worry had on you in the past? How can you overcome worry when hard situations arise, and maintain a sense of peace in your heart?