

## Rejecting Worry

### 1. Striving to achieve causes stress.

1 Peter 5:6 – 7 Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.

### 2. You can't make it worse; the universe is already broken.

Ephesians 5:15 – 16 See that you walk carefully, not as fools but as wise, redeeming the time, because the days are evil.

Colossians 4:5 – 6 Walk in wisdom toward those outside, redeeming the time. Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.

### 3. Enjoy today.

Matthew 6:34 Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

### 4. See the big picture

James 4:15 Instead, you ought to say, "If the Lord wills, we shall live and do this or that."

### 5. Focus outward, not inward.

Philippians 2:4 Let each of you look out not for his own interests, but for the interests of others.

### 6. Pray

Philippians 4:6 – 7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.