

OVERCOMER

Overcoming WORRY

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WORRY means to give way to “unease” or “anxiety”
caused by difficulty and troubles.

WORRY will WEIGH you DOWN.

*Worry weighs a person down;
an encouraging word cheers a person up.*

(Proverbs 12:25 NLT)

The Worthlessness of Worry

(Matthew 6:25-34—from the Sermon on the Mount)

1. **Worry is inconsistent.** (Matthew 6:25)
2. **Worry is irrational.** (Matthew 6:26)
3. **Worry is ineffective.** (Matthew 6:27)
4. **WORRY is illogical.** (Matthew 6:28-30)
5. **WORRY is irreligious.** (Matthew 6:31-32)

What’s the Answer? (Matthew 6:33-34)

Distracted by Worry

The Story of Mary and Martha

(Luke 10:38-42)

Praying about Your Worries

...is the greatest way to overcome them.

(Philippians 4:6-7)