

What do I have to be worried about?

LOTS!

- ❖ What is the impact of all this mess on my kids?
- ❖ The future is so uncertain. Will I be able to afford to keep my standard of living?
- ❖ Do I need to get an additional job?
- ❖ What will my friends and family think about my problems?
- ❖ Will I be strong enough to keep my faith?
- ❖ Will my kids have similar problems when they get older?

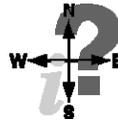
Should I be worried about these?

Can I control the outcome? Will any amount of worry change the actions? What power do I have to change even the less serious things? Why should I worry about those things God has promised to provide for me?

I guess I should deal with those things where I can make a difference. That narrows it down some.

The difference between worry and healthy concern is that worry profits nothing except sleeplessness and ulcers. Concern, with preparation, allows me to choose a certain amount of control over my situation.

But it is so hard to not worry when there is so much at stake here - my kids, their future, my life, my future, and the list goes on.



Now what can I do?

Recognize my situation

I will make an accurate accounting of my resources and my challenges. Until I KNOW where I stand I can't move forward! It seems all the stuff going on recently has changed my whole future and I am still trying to understand what has happened or what may happen from this point on.

Set the right priorities

I know I cannot handle the whole load of problems all at once so I will list and prioritize the things I can do and turn the rest over to God. I will try my best to not worry about those things which God will provide for me but rather be careful to place my priorities on the things of most importance. See **Matthew 6:30-34**. The most important issues are being a strong parent, getting myself stabilized, developing a God-centered plan for the future.

Develop a plan to deal with those things I can control

Being the proper parent has to rank at the top because I know if I fail at this my kids may go down this same miserable road. I will be strong for them and build a new and exciting family image.

I must keep myself spiritually strong through maintaining the right relationship with God!

I will keep myself fit emotionally, physically, and spiritually by daily "workouts" in each of these areas.

I will have a financial management plan to provide proper support for my family.

Call on friends for support and encouragement

At a time like this I know I need all the help I can get. My friends really want to help though they may not know when or how. Now is the time to let them. I will in turn prepare myself to be able to help them when they have dark hours later.

Call on God for strength and guidance

I will not play the "macho-man" or "super-woman". I already have too much on my plate. I will build up my prayer life and give my worries to God. **Philippians 4:6-8(NIV)** *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or*

praiseworthy—think about such things.

Recognize God has promised not to allow me to be tempted or burdened with more than I am able to bear

It may seem like He has a higher view of my strengths than I have! When those times of temptation come I need to remember to just get away rather than try to stick it out.

1 Corinthians 10:13(NIV) *No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.*

Cover the worry buttons with work and faith

So now I have my lists all prioritized. I have a plan. I have friends lined up to help. I have a relationship with God to stay plugged into. Guess I need to work the plan and allow faith to carry me forward.

Get up and get moving

Philippians 4:13(NIV) ¹³I can do everything through him who gives me strength.

There is no magic fix for the challenges of life. There is promise, hope, peace in God's hands!

We are here to help you!

We would sincerely like the opportunity to talk with you more about this subject and share what God's word says about it. As Jesus said in John 8:32(NIV) *Then you will know the truth, and the truth will set you free."*

This is presented with love by:

We simply seek to share the message of love, hope, forgiveness and peace found through Jesus Christ.

For more information please contact us:

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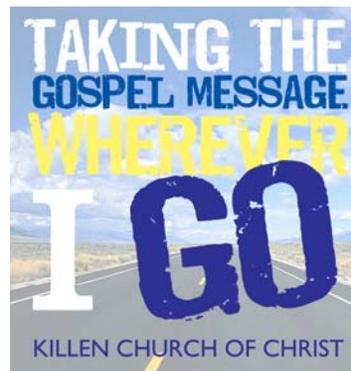
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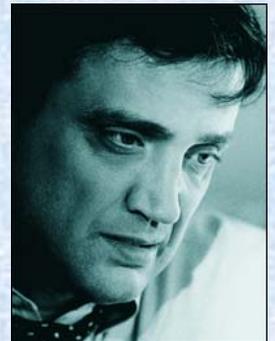
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Overcoming Worry



**I just don't know
what to do!**

