

IN GOD I TRUST

Part 4: When I Am Worried

IN A WORLD OF WORRY

- Worry - to be anxious, troubled or uneasy
 1. To disturb the peace of mind of
 2. Does not have to have an external trigger
- What we worry about - but only 8-15% ever happens
 1. Money and the future
 2. Relationships
 3. Job security and Health
- God does not want His people to worry **(Matthew 6:26-27 NLT)**
 1. Worry is directly related to underestimating God's valuation of His children
 2. Worry does not add to our lives - actually steals from us
 3. Worry involves negative expectations - the opposite of being hopeful

A HIGH ANXIETY DILEMMA

- Stuck in a no win situation **(1 Samuel 11:1-4 NKJ)**
 1. The men of Jabesh Gilead did not have the resources to solve their problem
 2. They did not know if anyone in Israel would come and help
- There were legitimate reasons to be anxious and troubled
 1. What would happen to their families
 2. What would their future hold serving this kind of cruel ruler
- The promise of a king **(1 Samuel 11:8-11 NKJ)**
 1. The messengers brought a promise of help
 2. The men of Jabesh Gilead were glad
 3. From anxiety to joy because they trusted the promise from their new king

TRUSTING IN GOD INSTEAD OF WORRYING

- These are relational principles not a formula
 1. We are building trust in God
- Declare who God is to you **(Psalm 62:6-8 NKJ)**
 1. The more we think and talk problems
 2. The more we declare who God is
- Choose to expect good not the worst
 1. This will involve interrupting some mental habits
 2. We are expecting good from God **(Psalm 62:5 NKJ)**
- Believe the words of The King **(1 Peter 5:7 NLT)**
 1. He is The King of the universe
 2. He has the ability to help you
 3. He cares for you - you are valuable to Him