



# Overcoming Worry

Matthew 6:25-34

## Recognize Your Default Position on the Care Spectrum

**Care-free** - you need to take your responsibility to heart

**Care-full** - you need to hold your plans with open hands

**Care-worn** - you need to free God to do His job

## Cures for Anxious Worry

### **Distinguish a Healthy Responsibility from an Anxiety**

(v26, 30, 32b; 1 Corinthians 7:32-34; Galatians 6:2,5)

### **Trust God Cares Even More than Me**

(v26, 30, 32b, 1 Peter 5:7)

### **After Your Give It to God, Leave It With God**

(v27, Luke 10:41, 18:1-8)

### **Align Your Passions and Priorities with God's**

(v32a, 33, 1 Corinthians 7:32-34, Proverbs 3:5-6)

### **Thank God that His Best is Better than My Plans**

(v34, Philippians 4:6; Proverbs 16:1, 9, 19:21)

October		
2	Overcoming Guilt and Shame	Psalms 103:6-14
9	Overcoming Temptations	Galatians 5:16-26
16	Overcoming Boredom with Daryl Crawford	Matthew 9:35-38
23	Overcoming Doubt	Jude 17-25
30	Overcoming Resentment	Genesis 4:1-16
November		
6	Overcoming Worry	Matthew 6:25-34
13	Why God Loves Giving Good News with Mark Hargrove	Luke 4:14-30
20	Thanksgiving Testimonies	Psalms 111
27	"A Mobilized Church" with Nate Simms from CRU	

### Whitehall Bible Fellowship Church

3300 Seventh Street  
Whitehall, PA 18052

office 610-434-8661

office@WhitehallBFC.org  
facebook.com/WhitehallBFC

### Pastor Tim and Rachel Schmoyer

4123 Roosevelt Street  
Whitehall, PA 18052

pastor cell 610-739-8008  
rachel cell 484-557-8898

PastorTim@WhitehallBFC.org  
facebook.com/TimothySchmoyer