

WHEN YOU FEEL WORRIED
How To Deal With How You Feel - P3

“Don’t worry about anything...” Philippians 4:6 (TLB)

I. WORRIES CAUSES

*“Then Jesus got into the boat and started across the lake with his disciples. Suddenly, a [terrible] **storm** [came up], with waves breaking into the boat. But **Jesus was sleeping.**”*
Matthew 8:23-24 (NLT)

1. The Storm: Unexpected **PROBLEMS**
2. The Waves: Overwhelming **CIRCUMSTANCES**
3. The Boat: Inadequate **RESOURCES**
4. Jesus was sleeping: **FEELING ALONE**

II. WORRIES CURES

“The disciples went to him and woke him up, shouting, ‘Lord, save us! We’re going to drown!’ [And Jesus answered], ‘Why are you afraid? You have so little faith!’ Then he [stood] up and rebuked the wind and waves, and suddenly [all was] calm. The disciples [just sat there in awe. Who is this?’ they asked themselves]. ‘Even the wind and waves obey him!’” Matthew 8:25-27 (NLT)

(1) Ask for **Help.**

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.” Philippians 4:6 (NLT)

(2) Question your **FEAR.**

*“...but the angel reassured (the shepherds). ‘**Don’t be afraid!**’ he said. ‘I bring you the most joyful news ever announced, and it is for everyone!’”* Luke 2:10 (TLB)

“I am leaving you with a gift — peace of mind and heart! And the peace I give isn’t fragile like the peace the world gives. So don’t be troubled or afraid.”
John 14:27 (TLB)

(3) Increase your **FAITH.**

"God clothes the grass in the field, which is alive today but tomorrow is thrown into the fire. So you can be even more sure that God will clothe you. Don't have so little faith!" Matthew 6:30 (NCV)

"The seed that fell among the thorny weeds is like those who hear God's teaching, but they let the worries, riches, and pleasures of this life keep them from growing and producing good fruit." Luke 8:14 (NCV)

(4) Acknowledge **GOD'S CONTROL.**

"... Everything in the heavens and earth is Yours, O Lord... We adore You as being in control of everything." 1 Chronicles 29:11 (TLB)

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?" Matthew 6:26-27 (NIV)

"So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time..." Matthew 6:34 (TLB)

"Give all your worries and cares to God, for He cares about what happens to you." 1 Peter 5:7 (NLT)

I'd love to hear your stories & feedback: phoebegdial@gmail.com