

2-6-22

**Hope For Your Home
Hope For Your Worry Problems
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Matthew 6:25-27 (NIV): "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear...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? Can you by worrying can add a single hour to your life?"

The antidote to worry is trust.

Matthew 6:30 (NIV): "...you of little faith?"

Five keys that can help you move from worry to TRUST!

Key #1: T: Turn worry into prayer, instantly!

Philippians 4:6-7 (TLB): Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.

Key #2: R: Restrain negative thoughts, immediately!

Philippians 4:8 (NIV): 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.

Key #3: U: Uplift your attitude, regularly!

Proverbs 17:22 (NIV): A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Key #4: S: Speak faith-filled words, constantly!

Matthew 6:31 (NIV): "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'"

Key #5: T: Thank God for his goodness, daily!

Psalms 23:6 (NKJV): Surely goodness and mercy shall follow me all the days of my life...

Philippians 4:6 (TLB): ...tell God your needs and don't forget to thank him for his answers.

but **1 Peter 5:7 (NIV):** Cast all your anxiety on him, why? because he cares for you.

Romans 8:31-32 (NIV): What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?