

# WORRY

"The reason why worry kills more people than work is that more people worry than work."  
- Robert Frost

What keeps you up at night, pacing the floor and counting sheep? What divides your mind and strangles your joy? What damages the credibility of your testimony? What were you worrying about last year...and how much that changed at all (or even happened) because of your worry?

As Frost's comments above imply, worry is a primary human activity. Worry literally "divides the mind" and we are told in James 1:8 that a "double-minded man is unstable in all his ways." While worry is likely universal in scope, its remedy is biblical in context (see Matthew 6:25-34) where we are reminded of four specific arguments against worry.

**FIRST.** Worry robs us of enjoying that which we do have (v. 25). So much worry consists of concern over what we do not have or may lose as opposed to thanking God for His provision in our lives!

**SECOND.** Worry causes us to lose sight of how much God loves us (v. 26). When we remember that we are "God's kids" we are reminded that Someone who die for us is the same Someone that will provide for us!

**THIRD.** Worry accomplishes little or nothing at all (v. 27). A study was done by General Motors which stated that more than 90% of what people worried could not be undone (the past) or would likely never happen.

**FOURTH.** When we worry it keeps us from remembering the promises of God (vv. 30-31) and is not characteristic of a trusting saint (v. 32).

It was Corrie ten Boom who once said, approaching her death, "Worry does not empty tomorrow of sorrows; it empties today of strength." We'd love to pray with you as you go through a season of worry!

We'd love to sit and have a cup of coffee, share the truths of God's Word with you, and believe along with you that this time of worry would be replaced with a song of deliverance and hope! *Please call us or email us at [care@thebridgersm.com](mailto:care@thebridgersm.com) to set up a time that would be convenient.*



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