

**QUESTIONS JESUS ASKED: WHY ARE YOU WORRIED?
MATTHEW 6:25-34**

What we worry about (consumed with life). Matt. 6:25, 27, 30, 34

- **Financials** and possessions. Matt. 6:25, 19-21, 16:26; Luke 12:13-21; 18:18-21
- **People**. Matt. 6:25, 19-21; Luke 12:13-21; James 4:4; 1 John 5:15-17; Matt. 26:69-75
- **Future**. Matt. 6:34; 16:26; Luke 12:13-21; Eccl. 2:1-12

What are the effects of worry?

- Physical, emotional and **mental**. Mark 5:26-28; John 4:15-18
- **Spiritual**. Matt. 6:25-34
 - What we **believe** about God. Matt. 6:30; Phil. 4:19; Eph. 3:20; Matt. 14:31
 - Where we are with **God**. Matt. 6:30; 1 Cor. 3:1-3; Eph. 4:13-16; Heb. 5:11-6:1
 - What we **tell** unbelievers what we believe about God. Matt. 6:30; Rom. 12:1-2, 8:29; 1 Cor. 12:1-10; Luke 1:37; Matt. 19:26

What we can do about worry. Matt. 6:25-34

- Know that it is a waste of **time** and energy. Matt. 6:27-30
- Know that we need to **move** toward contentment and away from worry. Phil. 4:11-12
 - God **owns** it all. Ps 24:1; 50:10; Hag. 2:8; Phil. 4:19
 - God is in **control**. 1 Chr. 29:12; Dan. 2:20-21
 - God will **provide**. Matt. 6:25-30; Gen. 22:14; Phil. 4:19
- Know God will meet my **needs**, because He cares for me. Matt. 6:25-32, 10:19-21
- Know God desires to be **first** in my life. Matt. 6:33; Col. 1:18
- Preparing for the future, **living** for today and not worrying about tomorrow. Matt. 6:34; Phil. 4:6

HERE IS THE LIST OF THE TOP 30 BIGGEST WORRIES

1. Stomach/ being overweight
2. Getting old
3. Lack of savings/ financial future
4. Overall fitness
5. Overdrafts and loans
6. Low energy levels
7. Credit card debt
8. Paying rent/mortgage
9. Job security
10. Diet
11. Keeping the house clean
12. Finding a new job
13. Sex life
14. Generally unhappy
15. Wrinkles or ageing appearance
16. Whether or not I am attractive
17. Physique
18. Meeting work targets or goals
19. Does my partner still loves me
20. Whether I'll find or / are am with the right partner
21. Whether I'm in the right career
22. Friend or family issues
23. Parenting skills
24. Unhealthy reliance or addiction
25. Driving
26. Pet's health
27. Child's health
28. Dress sense
29. Worrying I'm ill but yet to be tested/ seek help
30. Partner is cheating/may cheat

TIME SPENT WORRYING

14.31 hours per week worrying
744 hours worrying a year
45,243 hours of worry in a lifetime
1,885 days of worry in a lifetime
5.2 years of worry

Around 45% of those studied admitted stress and worry had already directly affected their health.