

# Christian Sins

## *The Sin of Worrying*

Philippians 4:6-7

### I. The Senselessness of Worry

Worry is foolish for three reasons.

A. It does \_\_\_\_\_ to the person or thing worried about.

- Matthew 6:27

B. It is \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

- Worrying is like being in a rocking chair – it gives you something to do but doesn't get you anywhere.

C. It is \_\_\_\_\_ and \_\_\_\_\_ harmful.

- It has whitened more hair, wrinkled more faces, ruined more stomachs (ulcers) and damaged more hearts (heart attacks) than could ever be measured.

### II. The Sinfulness of Worry

A. Worry constitutes a \_\_\_\_\_.

- Hebrews 11:6; Rom. 14:23

B. When we worry, we doubt three things about God:

1. \_\_\_\_\_

If he really loved us, why would he allow this to happen.

2. \_\_\_\_\_

He does not know what is best for us.

3. \_\_\_\_\_

He does not have the power to help us.

- Some think not worrying is equivalent to being indifferent, careless, and callous. One can be concerned and not worry when trusting in a loving, all-wise, all-powerful God.

### III. The Solution for Worry

Philippians 4:6, 7

A. This is how God would have us live.

1. \_\_\_\_\_ about nothing.
  - Luke 21:34 “*overcharged*” (weighted down or burdened with)
2. \_\_\_\_\_ about everything.
  - I Peter 5:7
3. \_\_\_\_\_ for all things.
  - Ephesians 5:20 – Romans 8:28

B. Worry robs us of our:

1. \_\_\_\_\_ (v. 7)
  - Isaiah 26:3-4
2. \_\_\_\_\_ (composure)
  - Proverbs 15:13 “*A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.*”
3. \_\_\_\_\_ (spiritual)
  - Mark 4:19