Confronting Worry

Luke 12:22-32
22 And He said to His disciples, “For this reason I say to you, do not worry about your life, as to what you will eat; nor for your body, as to what you will put on. 23 For life is more than food, and the body more than clothing. 24 Consider the ravens, for they neither sow nor reap; they have no storeroom nor barn, and yet God feeds them; how much more valuable you are than the birds! 25 And which of you by worrying can add a single hour to his life’s span? 26 If then you cannot do even a very little thing, why do you worry about other matters?
Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.
Simple Formula to Decrease Worry

1) Analyze the situation fearlessly and honestly to figure out what is the worst that can reasonably possibly happen
   • Matthew 13:53-58; John 1:43-51; Acts 17:10-12; Daniel 3:13-18

2) Reconcile ourselves to accepting the worst, if necessary

3) Calmly devote your time and energy to trying to improve upon the worst which you’ve already accepted mentally
   • Acts 20:22-24; 28:15-31; Matthew 6:33-34