

# Don't Worry! Be Happy!



**Text: Isaiah 49:14-15, Matthew 6:24-34**

## I. Introduction

- People worry
- *We worry about so many things, past, present, and future, when Jesus says not to worry*
- So...how can we rid ourselves of this demon called “worry”?
- First, we need to understand that:

## II. Worry Is Not Based On So Much On An Outer Circumstance As On An Inner Condition

- Worry is relative
- We can't change outer circumstances but we can change the way we react to those circumstances
- I want to share three great ways to conquer worry...
- One of the greatest ways I can conquer worry is to:

## III. Live In The Present

- Don't worry about tomorrow
- Each days has enough trials of its own
- The things we worry about probably aren't worth worrying about
- Give God thanks for the moment
- Don't try to anticipate things
- They will probably never happen

## IV. Do The Right Thing

- Seek His righteousness
- Many of us torment ourselves for things we did in the past
- It robs you of your clear conscience
- **1 John 1:9**
- Confess it; confess your sins
- But a final way to defeat worry is to:

## V. Trust In God's Love

- God's love is never ending
- The Greek word translated “lilies” literally means “wild flowers”; it may even mean weeds
- The heart of the problem of worry is a lack of our faith in God
- How could God forgive us for what we have done?

## **VI. Conclusion**

- Don't worry! Be happy!
- Live in the present!
- Always try to do the right thing!
- Always remember that God loves you, and that god will provide for you!
- “Ya gotta believe!”
- Lean on Christ!
- Turn away from your sin
- Confess His name
- Do you need to decide for Christ?