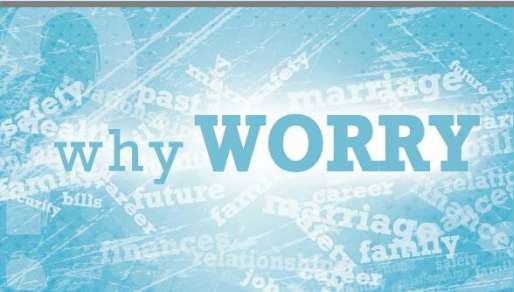




why WORRY

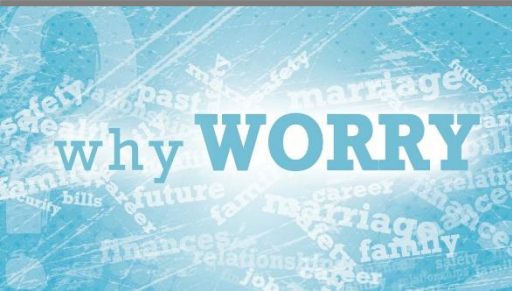
“My Health. I am young and have chronic illness and mental health issues. Most days I cannot escape from pain and crippling anxiety.”



Worry, Health Issues & Conflict

1. Receive prayer

James 5:13-16, ¹³ Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. ¹⁴ Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord.

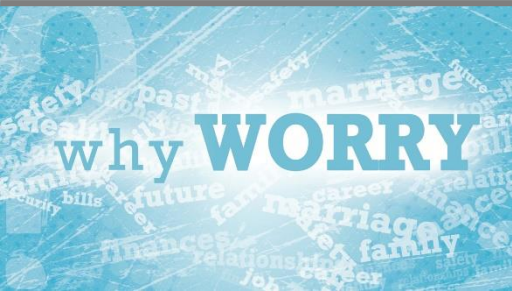


Worry, Health Issues & Conflict

1. Receive prayer

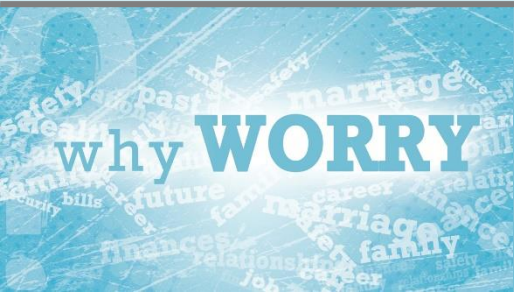
¹⁵ And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.

¹⁶ Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.



Worry, Health Issues & Conflict

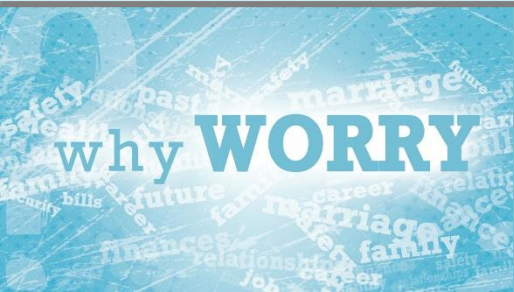
2. Confess Sin



Worry, Health Issues & Conflict

3. Read Phil. 4:4-9 !

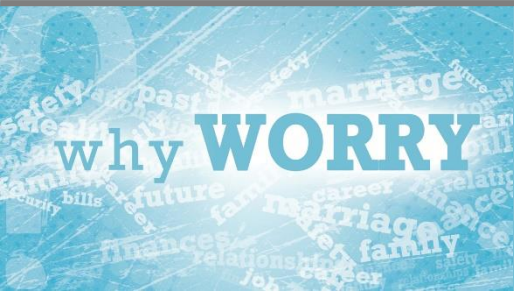
⁴ Rejoice in the Lord always. I will say it again:
Rejoice!



Worry, Health Issues & Conflict

3. Read Phil. 4:4-9 !

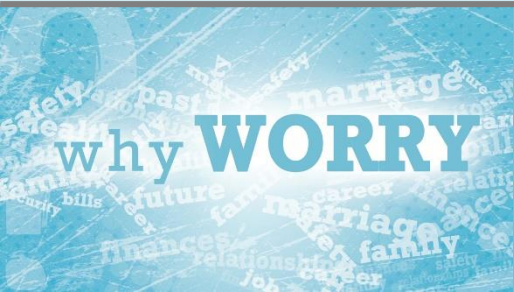
⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



Worry, Health Issues & Conflict

4. Change your thought life

Phil. 4 (continued), ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

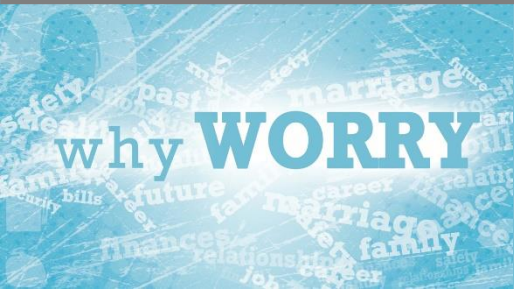


Worry, Health Issues & Conflict

4. Change your thought life

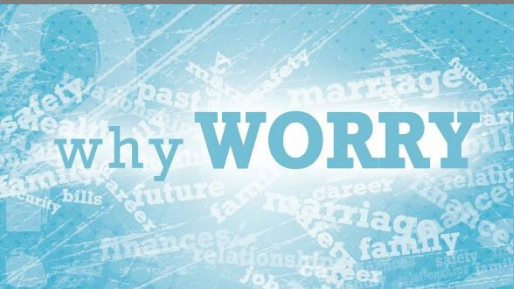
Phil. 4⁹ Whatever you have learned or received or heard from me, or seen in me— put it into practice. And the God of peace will be with you.

Romans 12:2a, Do not conform to the pattern of this world, but be transformed by the renewing of your mind.



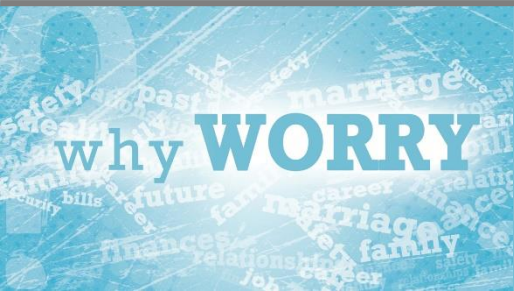
Worry, Health Issues & Conflict

“The conflict between people. There appears to be a lack of resolve that ends with the good of all in mind. We are seeing more of ‘if I don’t like what you do or say, I can obliterate you.’ “



Worry, Health Issues & Conflict

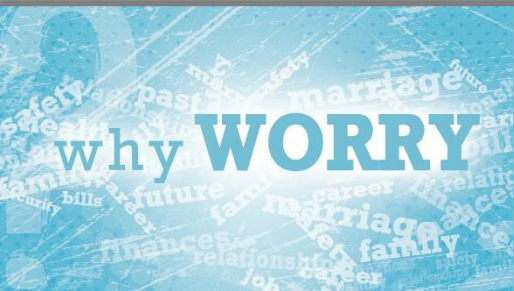
Phil. 4:2-3, ² I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. ³ Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.



Worry, Health Issues & Conflict

1. God blesses the peacemakers

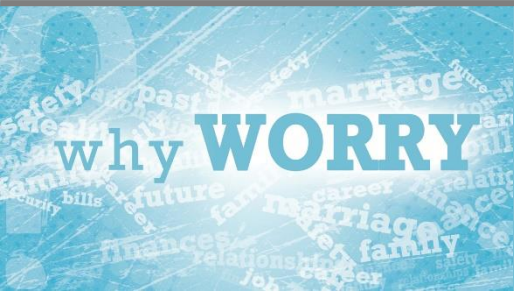
Matt. 5:9, Blessed are the peacemakers, for they will be called children of God.



Worry, Health Issues & Conflict

2. Resolve conflict quickly

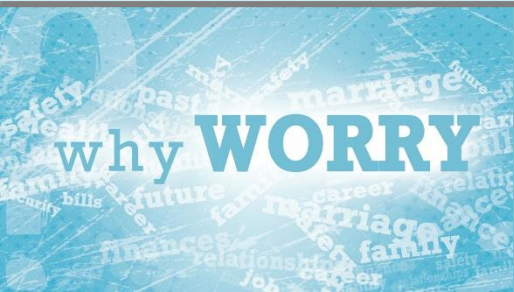
Matt. 5:21-26, ²¹ “You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ ²² But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.



Worry, Health Issues & Conflict

2. Resolve conflict quickly

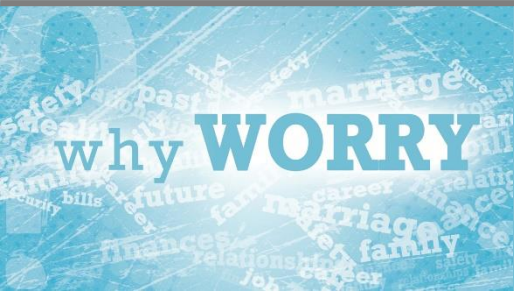
Matt. 5:21-26, ²³ “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, ²⁴ leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.



Worry, Health Issues & Conflict

2. Resolve conflict quickly

Matt. 5:21-26, ²⁵ “Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. ²⁶ Truly I tell you, you will not get out until you have paid the last penny.

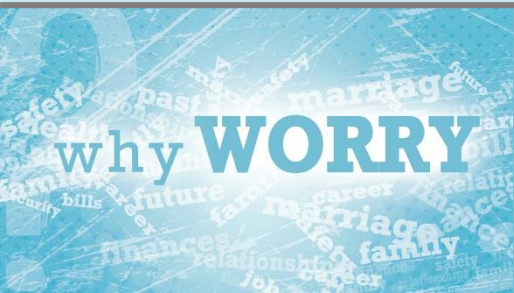


Worry, Health Issues & Conflict

3. Forgive people **BEFORE** they even hurt you!

Colossians 3:13, Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

NLT says, Make allowance for each other's faults....



Worry, Health Issues & Conflict



why **WORRY**