

**The Worries Of This Life
Australia Work & Witness Report
August 16, 2015**

Philippians 4:6-7 (NIV) *“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.”*

Don't Worry... Instead PRAY

FOUR ACTION STEPS TO STOP WORRYING:

1. Get to KNOW God.

Matthew 6:31-33 (MSG) *“If God gives such attention to the appearance of wildflowers—most of which are never even seen—don't you think He'll attend to you, take pride in you, do His best for you? What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way He works fuss over these things, but you know both God and how He works. Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met.”*

2. Put God FIRST in every area of your life.

Matthew 6:31-33 (TLB) *“So don't worry at all about having enough food and clothing... Your heavenly Father already knows perfectly well that you need them, ³³ and He will give them to you if you give Him first place in your life and live as He wants you to.”*

3. Live ONE day at a time.

Matthew 6:34 (NIV) *“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”*

4. Trust God to CARE.

1 Peter 5:7 (NIV) *“Cast all your anxiety on Him because He cares for you.”*

**If you prayed as much as you worried,
you'd have a lot less to worry about.**

Philippians 4:7 (TLB) *“If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.”*