

**WARM UP** | At the present time, one out of six Americans uses tranquilisers regularly. According to current US Food and Drug Administration figures, approximately 1.5 million adults are tranquiliser addicts, and tranquiliser misusers currently outnumber abusers of illicit drugs.



**READ** | Philippians 4:4-8

**BACKGROUND** |

Worry is wasting today's time to clutter up tomorrow's opportunities with yesterday's troubles. The word "worry" or "anxious" is used in this scripture passage. The word itself comes from an Old English word that means "to strangle, to choke, or to seize by the throat." It was used to refer to the practice of wolves killing sheep by biting them around the neck, strangling their prey to death. The Greek definition refers to being drawn in different directions so as to be distracted. Worry will pull us apart and can lead to mental and emotional strangulation.

**QUESTIONS** |

1 What is the biggest cause of anxiety in your life?

**INSTRUMENT PANEL**

2 Why do you find it hard to trust God in this area?

3 How is worrying affecting you and your relationships?

- 1 MASTER CAUTION Light (Amber)
- 2 AP STATUS/WWS Indicator
- 3 Push/ED Display
- 4 QUAT. CP FAIL Warning Light (Red)
- 5 HYD/OIL PRESS Warning Light (Red)
- 6 CANOPY Warning Light (Red)
- 7 TDR ALT LOW Warning Light (Red)
- 8 Standby Altitude Indicator
- 9 ENGINE Warning Light (Red)
- 10 FUEL FLOW Indicator
- 11 OIL PRESSURE Indicator
- 12 MPX PCN Light
- 13 AC2 POS Indicator
- 14 CDI Indicator
- 15 RPM Indicator
- 16 AOA Indicator
- 17 Vertical Velocity Indicator

19. Horizontal Situation Indicator

**MY RESPONSE AS A PROMISE KEEPER** |

What do I need to apply from what I have learned from this study?

**CONSIDER THIS** |

Some years ago a professor at a leading American university studied the things people worry about. His research discovered that:

- 40% never happen
- 30% concern the past
- 12% are needless worries about health
- 10% are about petty issues
- 8% are legitimate concerns

This means that 92% of our "worry time" is wasted energy as we exert mental and emotional energy on things outside our control. Actually, we're not to worry even about the 8%.

Why is that? Because when we worry we're really saying that God can't take care of us; that our problems are bigger than His promises.

**WRAP UP** | Discuss why men have trouble letting God be in control.



**IT'S TIME FOR PRAYER** |