

When You Start to Worry

Introduction:

- A. *Proverbs 12:25* and *25:28* provide good descriptions of what happens within when we worry.
- B. In *Matthew 6:25-34*, Jesus told us not to be anxious about our lives. The question is, how?

I. A Game Plan For When We Start To Worry

- A. First, name the _____.
- B. Second, identify the _____.
- C. Third, ask yourself, "am I anxious?"
- D. Fourth, remind yourself of Jesus' _____ not to worry.
- E. Fifth, talk to your _____.
- F. Sixth, preach to your own _____.
- G. Seventh, do something today.

II. Learning From God's Responses To Moses' Worries

- A. **"I can't do this!"**
1. MOSES: "Who am I that I should go?" (*Exo 3:11*)
 2. GOD: "I will be with you" (*Exo 3:12*).
- B. **"I won't know what to say."**
1. MOSES: "If they ask me, 'What is his name?' what shall I say to them?" (*Exo 3:13*)
 2. GOD: "I AM has sent me to you." (*Exo 3:14-15*).
- C. **"They won't believe me anyway!"**
1. MOSES: "They will not believe me or listen to my voice." (*Exo 4:1*)
 2. GOD: "I am not sending you unprepared." (*Exo 4:2-9*).
- D. **"I'm completely inadequate!"**
1. MOSES: "I am not eloquent." (*Exo 4:10*)
 2. GOD: "I, the LORD, made your mouth." (*Exo 4:11*).
- E. **"Someone else should take my place!"**
1. MOSES: "Oh, my Lord, please send someone else." (*Exo 4:13*)
 2. GOD: "I am not sending you alone." (*Exo 4:14-17*).