

**HEALING FOR THE SOUL
CONVERTING WORRY INTO THANKSGIVING**

DEFINING WORRY

The word *worry* in our English Bibles is *merimnao* in the Greek, which means to divide or distract. Worry is concern over what might or might not happen in the future which distracts me from seeing God's PROVISION in the present, resulting in a spirit of INGRATITUDE toward God.

CHARACTERISTICS OF WORRY

1. Viewing my circumstances as a human IMPOSSIBILITY instead of a divine OPPORTUNITY.
2. Focusing on the size of my PROBLEM instead of the size of my GOD.
3. Complaining about my INABILITY instead of trusting God's ABILITY.
4. Relying on human INGENUITY instead of divine INTERVENTION.
5. Complaining about what I do not possess instead of THANKING God for what He has provided.

CONSEQUENCES OF WORRY

1. Worry DIVIDES my allegiance to God.
No one can serve two masters... **Matthew 6: 24**
2. Worry keeps me from ENJOYING what I have.
Is not life more than food, & the body than clothing? **Matthew 6: 25**
3. Worry makes me forget my WORTH.
Are you not worth much more than they? **Matthew 6: 26**
4. Worry is completely USELESS.
Can any of you, however much he worries, make himself even a few inches taller? **Matthew 6: 27**
5. Worry WEAKENS my faith.
O men of little faith. **Matthew 6: 30**
6. Worry is characteristic of the HEATHEN.
Why be like the heathen? For they take pride in all these things and are deeply concerned about them. **Matthew 6: 32 (LB)**

CONVERTING WORRY INTO THANKSGIVING

1. Perceive how PRECIOUS I am in the eyes of my Heavenly Father.

Therefore do not fear; you are of more value than many sparrows.

Matthew 10: 31

2. Purge ingratitude by PRAISE to God for who He is & what He has done for me.

Ephesians 1: 3-14 -

- The Father chose me to be Christ's Bride, adopted me as His child, and accepted me as His beloved (vs. 3-6).
- The Son redeemed me through His blood, forgave all my sins, and gave me an eternal inheritance (vs. 7-12).
- The Holy Spirit sealed me as God's possession and is God's irrevocable pledge I am His forever (vs. 13-14).

3. Pursue the PRIORITIES of my Heavenly Father.

...and the worries of the world, and the deceitfulness of riches, and the desires for other things enter in and choke the word, and it becomes unfruitful.

Mark 4: 19

But seek first His kingdom and His righteousness; and all these things shall be added to you.

Matthew 6: 33

4. Purpose to PLEASE God TODAY!

Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow.

Matthew 6: 34 (Msg)

5. Practice the PRESENCE of God.

Martha, Martha, you are worried and bothered about so many things; but only a few things are necessary, really only one, for Mary has chosen the good part, which will not be taken away from her.

Luke 10: 41-42

...give thanks in all circumstances, for this is God's will for you in Christ Jesus.

1 Thessalonians 5: 18

6. Pray for the PROVISION of God.

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

Philippians 4: 6-7 (Msg)