



IT'S ALL
WE HAVE.



Today is the most important day
of your life because yesterday
can't be changed and tomorrow
may never come.

There is no such thing as
a special occasion. Every day
is a special occasion, and
we should live like it.

Worry/Anxiety

Stress. It is probably one of the biggest risks we face. The more worried you are that you might get sick, the more likely it is that you will, or if you do get sick that you'll end up sicker, or even dead, from an illness you might have survived if you just didn't worry so much.

The more worried you are about the health of your heart, the more damage you do to your heart. The more worried you are about losing your memory, the more your memory fades. The list of damage that worry can do, because of the biology of stress, is long and scary.

*Which means that not worrying more
than we have to may be the best thing
we can do for our health.*

The pressures of our times have many of us caught in the web of the most acceptable yet energy draining sin in the Christian family: worry.

The stress from worry drains our energy and preoccupies our minds, stripping us of our peace. Few in God's family are exempt. We are over big things and little things. Some of us have a laundry list of concerns that feed our addiction to worry. Anxiety has become a favorite pastime that we love to hate.

*And worse, we're passing it on to our children.
As they see worry on our faces and as
they hear it from our lips, we're mentoring
them in the art of anxiety.*

Chuck Swindoll

NOVEMBER 2, 2016

TIME

**ANXIETY,
DEPRESSION
AND THE
MODERN
ADOLESCENT**

By Susanna Schrobsdorff



TIME.COM

Worry – Fear

...do not **worry** about your life,

Matthew 6:25 NIV

...do not **worry** about your life,
what you will eat or drink; or about
your body, what you will wear. **Is**
not life more than food, and the
body more than clothes?

Matthew 6:25 NIV

We worry about most
what is worth most to us.

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. **Are you not much more valuable than they?**

Matthew 6:26 NIV

Can any one of you by **worrying**
add a single hour to your life?

Matthew 6:27 NIV

“And **why** do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

Matthew 6:28 NIV

Yet I tell you that not even
Solomon in all his splendor was
dressed like one of these.

Matthew 6:29 NIV

If that is how God clothes the
grass of the field, which is here
today and tomorrow is thrown into
the fire, **will he not much more
clothe you—**

Matthew 6:30 NIV

If that is how God clothes the
grass of the field, which is here
today and tomorrow is thrown into
the fire, will he not much more
clothe you—you of little faith?

Matthew 6:30 NIV

Worry is assuming responsibility
for things that are out of our control.
That's pretty much everything.

So do not **worry**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father **knows** that you need them.

Matthew 6:31-32 NIV

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 6:33 NIV

Therefore do not worry about **tomorrow**, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34 NIV

When it comes to your life, God
sees, God knows, and God cares.

Ask and it will be given to you;
seek and you will find; knock and
the door will be opened to you. For
everyone who asks receives; the
one who seeks finds; and to the
one who knocks, the door will be
opened.

Matthew 7:7-8 NIV

Which of you, if your son asks for bread, will give him a stone?
Or if he asks for a fish, will give him a snake?

Matthew 7:9-10 NIV

f you, then, though you are evil,
know how to give good gifts to
your children, **how much more** will
your Father in heaven give good
gifts to those who ask him!

Matthew 7:11 NIV

Do what you can do today, and
trust God to keep His
promises tomorrow.

If you can – do.
If you can't – trust.

God was faithful yesterday.

God is faithful today.

God will be faithful tomorrow.

Don't worry about it.