

Proverbs

Don't Worry, Be Happy

Wisdom is the ability to live life well.

God doesn't want us to worry, and we don't have to worry.

1. Why think about worry?

- Worry is physically unhealthy.

Proverbs 14:30, 17:22

- Worry gets in the way of success.

Proverbs 12:11

- Worry wastes time and energy.

Matthew 6:25-27, Philippians 4:6-7

2. How to respond to worry.

- Use your imagination correctly.

Proverbs 11:27, 10:24

Worry is a misuse of the imagination.

"What can I be hopeful for?"

- Listen to honest friends.

Proverbs 12:25, 17:17

"Who can I help me, and who can help me?"

- Trust God.

Proverbs 19:21, 21:30, 16:2-4

"What does trusting God look like?"

3. Now What?

Proverbs

Don't Worry, Be Happy

Wisdom is the ability to live life well.

God doesn't want us to worry, and we don't have to worry.

1. Why think about worry?

- Worry is physically unhealthy.

Proverbs 14:30, 17:22

- Worry gets in the way of success.

Proverbs 12:11

- Worry wastes time and energy.

Matthew 6:25-27, Philippians 4:6-7

2. How to respond to worry.

- Use your imagination correctly.

Proverbs 11:27, 10:24

Worry is a misuse of the imagination.

"What can I be hopeful for?"

- Listen to honest friends.

Proverbs 12:25, 17:17

"Who can I help me, and who can help me?"

- Trust God.

Proverbs 19:21, 21:30, 16:2-4

"What does trusting God look like?"

3. Now What?