

GOING GRIT

The Obstacle of Worry

☛ *Common worry: a fear over the loss of control...*

When I said, "My foot is slipping," your love, O LORD, supported me. When anxiety was great within me, your consolation brought joy to my soul. (Psalm 94:18-19)

Anxiety/worry is...

- **Personally heavy** – "An anxious heart weighs a man down, but a kind word cheers him up." (Prov. 12:25)
- **Practically empty** – "Who of you by worrying can add a single hour to his life?" (Matt. 6:27)

Going Grit: spiritual stamina to trust the One who is always in control...

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. (Matt. 6:31-32)

- **When spiritual protection seems out of control, let the Spirit lead** – "When you are brought before synagogues, rulers and authorities, do not worry about how you will defend yourselves or what you will say, for the Holy Spirit will teach you at that time what you should say." (Luke 12:11-12)
- **When material provision seems out of control, let perspective inform** – "Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?" (Matt. 6:25)
- **Or...let the birds teach** – "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?" (Matt. 6:26)
- **When life seems out of control, let prayer encourage** – "Do not be anxious about anything but in everything, by prayer and petition, with thanksgiving, present your requests to God." (Phil. 4:6-7)

Cast all your anxiety on Him because He cares for you. (1 Pet. 5:7)