



WEARING DOWN SITUATIONAL WORRY

Wearing down worry often feels like a battle. You fire your best shot and it goes down, but then a reminder of some kind kicks it back up and the struggle resumes. When we seek God's help, we often expect the answer to be immediate and final. In 2 Corinthians 12 even Paul had to ask three times and then was told that the battle would not end but that the Lord's grace would be sufficient for his situation.

I. GETTING YOUR MIND RIGHT

- Are you willing to keep pushing back against worry instead of giving up because your expectations were not met?

Yes No

- Do you understand that worry is almost always an emotional exaggeration of reality?

Yes No

II. REALITY CHECK

- Are you responding to reality or imagination?
- How possible is the focus of your worry?
- How probable is the focus of your worry?
- With whom have you discussed the reality behind your worry? You probably need to.

III. ACTION CHECK

- If it is real or probable
 - Name two or three things you can do.

1.

2.

3.

➤ Commit them to the Lord.

➤ Calendar them no matter what and get started.

• If it is only possible

➤ Seek the Lord's help in dismissing it through prayer.

IV. GRACE CHECK FAITH CHECK

• Do you believe that acceptance of grace through faith is the will of God no matter the worry?

• Say to the Lord, "I want to feel and believe that Your grace is sufficient for anything."

• Say to the Lord, "I want to be focused on the sufficiency of Your grace, not the insufficiency of my strength."

• Say to the Lord, "I want to rejoice in (not necessarily for) my infirmities that I may fully experience Your grace."