



## Part 3: “Worthless worry”

“What happens when you worry? You bring tomorrow’s difficulty into today. God didn’t give you grace for tomorrow’s difficulties. He only gives you grace for today. When you reach into tomorrow’s troubles, you overload today’s circuit. Worry doesn’t take the sorrow out of tomorrow, it takes the strength out of today. When you meet tomorrow, you’re out of breath because you’re already overloaded from today. Worry, therefore, does not make you ready for the future, it really makes you unready. Yesterday is just a canceled check. Tomorrow is a promissory note. Today has all the cash you can handle. Spend it wisely.”

Adrian Rogers

Worry comes from the Old English term *wyrgan*, which means: “to choke” or “strangle.”

Earl Nightingale, *Lead the Field*:

- 40% of worry is over things that never happen
- 30% of worry is over things past which can’t be changed or corrected
- 12% of worry is over health
- 10% of worry is over petty, miscellaneous things
- 8% of worry is over real, legitimate things

1. \_\_\_\_\_ are paramount

“God is willing to assume the full responsibility for the life totally yielded to Him.”

2. Peace is a \_\_\_\_\_

3. \_\_\_\_\_ is a pitfall

4. Potential is \_\_\_\_\_

“If others in past centuries – and some even today – have reddened the mouths of lions, languished in prisons, and been scorched in the flames, can we not go out today, back to the school, back to the office, and live for Jesus Christ? God help us that we shall. In this evil hour, we’ll have revival when there are men and women, Christians with burning hearts, brimming eyes, and bursting lips, who fear nothing but sin and who love nothing but Jesus Christ.” Adrian Rogers