**Quitting the Worry Habit**

**Part 2 – How to Walk in the Peace of Jesus**

Three problems with worrying:

* Worrying doesn’t work.
* Worrying distorts reality.
* Worrying makes you sick.

John14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. NIV

**A. The antidote to worry is to have the peace of** \_\_\_\_\_\_\_\_\_\_\_**.**

Jesus said, “Peace I *leave* with you; MY peace I *give* you…”

**B. Jesus’ peace is stronger and** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **than what society gives.**

Jesus said “…I do not give to you as the *world gives*.”

* God’s peace is real, lasting, and internal.

**C. We have a** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **in the matter.**

Jesus said, “MY peace I give you. [Therefore] do not LET your hearts be troubled…”

* You cannot always control your circumstances but you can always control your responses.

Jesus said: “*LET NOT* your heart be troubled or afraid.”

**How to Stop Worrying and Live in Christ’s Peace**

**Step 1 – Relinquish the** \_\_\_\_\_\_\_\_\_\_\_\_\_\_ **of your life to Jesus.**

* To worry is an attempt to control the uncontrollable.
* When you worry you are assuming responsibility God never meant for you to have.
* Whether you worry or not is not dependent upon how many problems you have, it depends upon who is in control of your life.
* “Playing God” is the root of worry. (Ps 32:8)

**Step 2 – Set Godly** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**

(Matt. 6:25a,33; 6:31-33)

* Seeking God’s kingdom means to put God first in your life.
* Worrying is always an indication of mixed-up values.
* Anytime you love anything more than God, you’re going to be victimized by worry.

**Step 3 – Put Jesus in the** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **of your problems.**

* To release control to God; to set Godly priorities; to place Jesus in the center of your troubles, requires that you KNOW HIM well.
* To stop worrying you must cultivate an intimate relationship with Jesus.

HOW to know God intimately?

You must be born-again; saved. (Believe, Trust, Yield)

You must soak your mind in God’s Word.

Assign #1:

1. Slowly immerse your mind in scripture; marinate upon it.
2. Talk to God about it.
3. Listen to the Holy Spirit.

Assign #2:

When you’re tempted to worry about a situation tell God:

“Jesus, I give you CONTROL of this thing right now.”

“Lord, I call you into the CENTER of this situation, right now.

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