I. THERE ARE FOUR PROBLEMS WITH WORRY.

A. First, worry is **unhelpful** because it never accomplishes anything.

B. Second, worry is **unreasonable** because it exaggerates your problems.

C. Third, worry is **unhealthy** because our bodies were not made for worry.

D. Fourth, worry is **unnatural** because we weren’t created to worry.

II. WHAT’S GOD’S ANTIDOTE FOR WORRY?

A. The answer is to believe that **God** will take care of you.

B. **How** can we make God our shepherd?

   1. First, we make God our shepherd when we make him our **Lord**.

   2. Second, we make God our shepherd by **praying** about everything.

   3. Third, we make God our shepherd when we live **one day** at a time—Matt. 6:34; Matt. 6:11.