I. FIRST, PRAY ABOUT WHAT WORRIES YOU.

A. We have a tendency to want to handle the little things.

B. Paul’s answer is make everything a matter of prayer – Phil. 4:6.
   1. Peter says this, too - I Peter 5:7.

   James 4:2
   ………. You do not have, because you do not ask God.

C. A political fund-raiser recently said the number one reason people do not give to a political campaign is that no one has ever asked them to – Matthew 7:7.

II. SECOND, CHANGE THE WAY YOU THINK.

A. Emerson said, “You become what you think about all day long.”
   1. So did Solomon - Proverbs 23:7 KJV
      As a man thinks in his heart, so is he ...
   2. What do you think about?

B. Paul’s antidote for “stinkin’ thinkin’” is - 4:8.

III. THIRD, DO SOMETHING ABOUT YOUR SITUATION / WORRIES.

A. You don’t have to resign yourself to your present situation.

B. Paul’s advice is don’t just sit there, do something - 4:9.