

## **Worry Less**

### **Ready:**

Anxiety in a man's heart weighs it down, but a good word cheers it up.—Proverbs 12:25

### **Set**

OK, I admit it. I worry too much. I worry about work, worry about my family, worry, worry, worry. And it always seems like for every worry I have, I gain 10 pounds. Talk about being weighed down! We all struggle with it from time to time.

How do we get rid of the baggage that worry brings? Well, that is easy—leave it at the cross. Which, as we all know, is easier said than done. However, the second part of today's verse is quite helpful. When I tend to worry too much, I find myself encouraging others more. I love to encourage others and brighten their days. Encouragement is fuel to our lives. It keeps our tanks full and overflowing.

Worry is a habit, and a bad one at that. We're commanded in Scripture not to do it (Matthew 6:25-34). Encouragement, on the other hand, is a good habit. My advice today: worry less and encourage more. It's always good to receive encouragement, but we can't wait to receive it before giving it out. We should make it a point today to encourage 10 people. It's contagious; but so is worrying. We must keep in mind as we either encourage or worry that our actions not only affect us, but others around us.

Today, let's worry less and encourage more! What are we waiting on?

### **Go**

1. Do you worry too much?
2. Do you encourage others enough?
3. Today, how can you start to worry less and encourage more?

### **Workout**

Proverbs 12; Matthew 6:25-34

### **Overtime**

Lord, worry can overcome me at times, but I know it shouldn't. Why do I worry so much when

I have You in my life? Give me strength to overcome my worry and trust more in You. Amen.

**Bible Reference:**

Matthew 6



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