

TAKING OUR LIVES BACK

I. Thinking ahead can be helpful

A. Pr. 4:26

B. Is. 45:11

II. Thinking ahead can be hurtful

A. Phil 4:6; Matt. 6:34

B. Worry is triggered the more vague, new, & uncertain a situation is

1. Thinking ahead becomes hurtful when it stops you from living the life you want to live.

2. Leaves you feeling drained, demoralized, and down.

3. Thoughts - Feelings - Behavior: reverse it

C. Take our lives back by maintaining balance 1 Thess. 5:23

1. Closeness (fellowship) - Acts 2:42

2. Achievement - Pr. 13:19

3. Enjoyment - 1 Tim 6:17; Eccl. 2:24; (3:13; 5:18)