



Handling Worry and Worse

Speaker: Rev. Stephen E. Palm

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Category 1	Concerns	Little Impact
Category 2	Cares	Growing Impact
Category 3	Worry	Moderate Impact
Category 4	Anxiety	Devastating Impact
Category 5	Panic	Catastrophic Impact

Key Scriptures:

Concerns: John 4:20

Cares: 2 Cor. 11:28

Worry: Luke 10:41-42

Anxiety: Je. 20: 14, 18

Panic: Psalm 55:4-5

Key Quote:

Worry is assuming responsibility for things that are outside of our control... That's pretty much everything.
(Chuck Swindoll)

Additional Sermon Notes

Some Practical Lessons for Handling Worry, Anxiety and Panic

1. Learn the conditions that allow worry and fear to grow in your life.
2. Use the "skill" of worry and meditate on Scripture instead!
3. Recognize when you've moved into the "red zone" and seek help.
4. Cultivate real relationships and have real conversations.