

Sometimes Worry Makes Me Wonder

from *A Confident Heart* by Renee Swope

Segment 5

Message Notes

When life gets overwhelming, do you ever wonder if God notices everything you have going on?

I was doing a lot of _____ things, but not all of them were _____ things for me during that season of my life. The truth is I was _____ God more than I was _____ Him.

- Eventually I ran out of _____. *I didn't have enough energy to handle all of my roles, relationships, and responsibilities.*
- I also ran out of _____. *It made me start doubting my ability to manage my life, to hear God clearly, and to do all I assumed He wanted me to do.*

And all those _____ started making me _____, and they started making me _____ why God wasn't doing something to make life easier.

I also wondered if God noticed and cared about all I was doing for Him, and others.

One day I noticed that Martha wondered the same thing:

Luke 10:40: "She came to him and asked, Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

Jesus responded: "Martha, Martha, the Lord answered, you are worried and upset about many things, but few things are needed or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

So, how do we choose what is better? How do we let go of our worries and take hold of confident peace that assures us God notices and God cares?

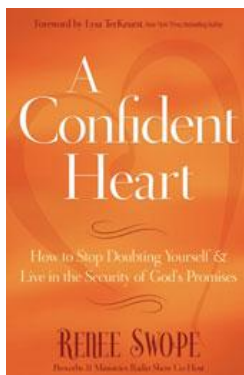
1 Peter 5:7 tells us: *Give all your worries and cares to God, for he cares about you.*

Philippians 4:6-7 shows us how: *“Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”*

- **Stop worrying** -- by pressing the pause button on our consuming concerns.
- **Start praying** -- by talking to God instead of ourselves. Ask God if there’s anything we need to cut back so we can seek Him as much as we serve Him, and others. Finally lets
- **Keep thanking God** – let’s pause and thank Him for what He’s done in the past and will do in the future. This helps us remember how good He is at being God.

If you get to the end of your day and there are still concerns that are consuming you, here is one more thing you can do: *Write your concerns on an index card and physically give them to Jesus.* {I have a tabletop cross by my bedside where I lay my concerns card. Maybe you could get one, too.} Then, when you start worrying, go back and write more on your card and commit once again to cast your cares upon the Lord.

Closing Thoughts: You know, life is STILL going to get overwhelming, and worries will sometimes make us wonder if God notices and cares. But let’s remember to *stop worrying, start praying* and *keep thanking God* for how much he cares and that we can cast our cares upon Him.



I pray this message really encouraged and helped you! If what I shared in it resonated with your heart, and you want more, I have written so much more on the topic of worry and how much it weighs us down in Chapter 9 of my *A Confident Heart*. You can [download a FREE chapter](#) or find out more about the book and how to [purchase a copy here](#).

I’d also love share more [free resources](#) with you on my interactive website at www.ReneeSwope.com.