PROPOSITION: We can never overcome worry by continually obsessing about what we can not control, but by giving that to God, seeing His perspective and acting on what we can control now about ourselves.

I. Doesn’t lose heart despite …

A. Challenges in us

B. Challenges to us

C. Challenges around us

II. Separating what we can’t control from what we can control

A. Separate what we can’t control – let go & give to God
   (Matthew 6:25-34; Philippians 4:6-7; I Peter 5:6-7)

B. Be clear and realistic about what we can control – be wise

C. See through the problem to what God can do – faith

D. Decide on an action you can do that joins God in His work

III. In times of worry, make a list of what you can and cannot personally control today

A. What I cannot control (takes humility)

B. What I can control (focus on oneself)