

ROLLER COASTER

DEALING BIBLICALLY WITH LIFE'S EMOTIONAL UPS AND DOWNS

From Worry to Peace – Mary and Martha Luke 10:38-42

May 10, 2026

Introduction:

- Our worrisome thoughts
- Matthew 6:34
- Philippians 4:6
- Philippians 4:7
- Luke 10:38-42

You Move from Worry to Peace by . . .

- I. **Refusing to _____ Unnecessary Things to an Already _____ Plate**
 - “distracted” means to be “_____ away”
 - It’s just a glass of water

- II. **Refusing to _____ the Necessary Thing from Your Situation**
 - Martha received Jesus in her home, then _____ Him

Conclusion:

- The Power of Worry
 - Mark 4:7
 - Mark 4:18-19
 - Worry _____ us!
 - Philippians 4:7