

## WORRY AND ANXIETY

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31 Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. Matthew 6:25-32

### **Anxiety is a spiritual battle:**

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Ephesians 6:12

But understand this, that in the last days there will come times of difficulty. 2 For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, 3 heartless, unappeasable, slanderous, without self-control, brutal, not loving good, 4 treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, 2 Timothy 3:1-4

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. Matthew 6:34

### **There is Hope!**

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. 1 Corinthians 10:13

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-8

Set your minds on things that are above, not on things that are on earth. Colossians 3:2

### **When is anxiety/worry Good?**

And, apart from other things, there is the daily pressure on me of my anxiety for all the churches. 2 Corinthians 11:24-28

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. 12 I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. 13 I can do all things through him who strengthens me. Philippians 4:11-13

### **When is anxiety/worry Bad?**

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Matthew 6:25

So whoever knows the right thing to do and fails to do it, for him it is sin. James 4:17

“All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything. 1 Corinthians 6:12

And which of you by being anxious can add a single hour to his span of life? Matthew 6:27

A joyful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22

Anxiety in a man's heart weighs him down, but a good word makes him glad. Proverbs 12:25

**Application: Follow the Facts. FACTS?FAITH?FOLLOW?FEELINGS**

Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. 8 For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. 9 And let us not grow weary of doing good, for in due season we will reap, if we do not give up. Galatians 6:7-9

- Salvation/seek God first

But seek first the kingdom of God and his righteousness, and all these things will be added to you. Matthew 6:33

And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. Ezekiel 36:26

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2

for God gave us a spirit not of fear but of power and love and self-control. 2 Timothy 1:7

**FACT: Jesus tells us how to deal with worry...**

**LOOK** at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? **CONSIDER** the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. Matthew 6:25-29

“The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, 23 but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! Matthew 6:22-23

Turn my eyes from looking at worthless things; and give me life in your ways. Psalm 119:37 (all of 119)

**CONSIDER → “consider/think” = carefully examine, learn thoroughly. Shift our mindset**

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. Philippians: 4:8-9

- Meditate or think about what is true of God

He is a God of peace: For God is not a God of confusion but of peace. As in all the churches of the saints, 1 Corinthians 14:33

God is trustworthy: God is not man, that he should lie, or a son of man, that he should change his mind. Has he said, and will he not do it? Or has he spoken, and will he not fulfill it? Numbers 23:19

God has good plans for us: For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. 12 Then you will call upon me and come and pray to me, and I will hear you. 13 You will seek me and find me, when you seek me with all your heart. Jeremiah 29:11-13

God loves us: may have strength to comprehend with all the saints what is the breadth and length and height and depth, 19 and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Ephesians 3:18-19

- Examine, learn thoroughly AND PRACTICE righteous living...

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. Galatians 5:17

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. Galatians 5:22-23

If we live by the Spirit, let us also keep in step with the Spirit. Galatians 5:25