

# the Christian atheist

## The Christian Atheist

You say you believe in God. Do you really? Do you live your life as if God is in the room, or do you assume He's not paying attention? You call yourself a Christian. Are you who you say you are?

In this multiple week series, we will challenge each other to confront hypocrisy, challenge ourselves, and live a life that brings glory to Christ.

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### The Christian Atheist – Week 8

## Believing in God, But Still Worry All the Time

### Key Thought

Worry is practical atheism.

When we worry, we profess God is in control, but live as though He is not.

### Common Worries

- Finances
- Health
- Children
- Marriage
- Future decisions
- Job security
- Relationships
- Things beyond our control

### Definition

Worry is putting faith in the "what if" instead of faith in God.

## **Big Idea #1: Worry Reveals Where We Place Our Trust**

Philippians 4:6–7: Don't worry, pray about everything.

Corrie Ten Boom: Worry does not empty tomorrow of sorrows; it empties today of strength.

Worry Cycle: Problem → Fear → Control → Exhaustion

God's Pattern: Problem → Prayer → Peace → Trust

## **Big Idea #2: Worry Is a Faith Problem**

Romans 14:23: Whatever is not from faith is sin.

Worry questions God's character. Faith rests in it.

## **Big Idea #3: Worry Costs More Than We Realize**

- Physically: Fatigue, sleep problems, stress
- Emotionally: Irritability, fear, discouragement
- Mentally: Racing thoughts, lack of focus
- Spiritually: Reduced prayer, reduced trust

91% of worries never happen.

## **Big Idea #4: Faith Does Not Mean Doing Nothing**

Do what is wise and take the next right step.

Think on what is true, noble, right, pure, lovely.

## **Big Idea #5: Worry Is a Prayer Alarm**

Let worry remind you to pray: Stop. Pray. Surrender. Trust.

## **Closing Challenge**

What do I worry about most?

What does that reveal about my trust?

Have I surrendered it to God?

1 Peter 5:7: Cast all your anxiety on Him because He cares for you