

Dealing with Worry, Anxiety, and Fear

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Ask yourself: “What am I afraid of? What do I worry about?”

Anxiety - Uneasiness of mind, or a fearful concern.

(living out the future before it arrives)

Two TYPES of Anxiety:

Specific anxieties - fears common to our life: fears of illness, fears of the loss of our money, our job, etc.

Non-Specific Anxiety - The sensation of dread. It is undefined, and vague. It constantly eats away at us, but we can't explain why.

Matthew 26:25-34

But Jesus does more than that. He gets at our hearts.

And in doing so, He gives us reasons to cease from worry.

Reasons **NOT** to worry:

More important matters (a bigger picture) than what we typically worry over. (vs. 25).



Reasons **NOT** to worry:

1. More important matters (a bigger picture) than what we typically worry over. (vs. 25).
2. You are valuable to God and He cares for you (vs. 26-30).
3. It does NO good (vs. 27)
4. Jesus said pagans worry (vs. 31-32)
5. There is THE kingdom of God to give our thoughts to (vs. 33)
6. Tomorrow will be anxious for itself (vs. 34)

What DID Jesus do?

1. Jesus chose some close friends to be with him (Matthew 26:37).
2. Jesus opened his soul to them (Matthew 26:38)

3. Jesus asked for their intercession and partnership in the battle (Matthew 26:38).
4. Jesus poured out his heart to his Father in prayer (Matthew 26:39).
5. Jesus rested his soul in the sovereign wisdom of God (Matthew 26:39)
6. Jesus fixed his eye on the glorious future grace that awaited Him (Hebrews 12:2)