

**Heart Check: The Revealing Questions of Jesus**  
 "Who of you by worrying can add a single hour to his life?"  
 Matthew 6:27

\_\_\_\_\_ is the official emotion of our times.

This emotion can be experienced in many ways.

\_\_\_\_\_ – We are consciously aware of some threatening situation or object.

\_\_\_\_\_ - \_\_\_\_\_ – We do not know why we feel as we do. We are afraid something terrible is going to happen, but what it is or what we can do about it is a mystery to us.

\_\_\_\_\_ – It hits quickly, with high intensity and short duration, but it's crippling. It enslaves and keeps a person from doing daily tasks and responsibilities. It keeps us from being the people God created us to be.

\_\_\_\_\_ – It is lower in intensity but lasts much longer. It's like a low-grade fever that weighs and wears a person down.

Is all anxiety bad?

**Philippians 4:6** *Be anxious for nothing.*

**Philippians 2:20** *I have no one else like him, who takes a genuine interest in your welfare.*

**1 Corinthians 12:25** *There should be no division in the body, but its parts should have equal concern for each other.*

**2 Corinthians 11:28** *I face daily the pressure of my concern for all the churches.*

The words *concern*, *care*, *worry*, and *anxiety* are translations of the same word in the New Testament. It's actually two words put together that mean \_\_\_\_\_.

When healthy concern (being properly distracted to give special attention to an important need) becomes so intense that it turns into \_\_\_\_\_ and \_\_\_\_\_, then healthy concern turns into unhealthy anxiety.

In **Matthew 6:19-34**, Jesus reveals the key to winning over worry. It's captured in a single word: \_\_\_\_\_, *the ability to see the present moment and immediate event against the background of a larger reference.*

**Jesus shares five realities about life we must keep in proper perspective to win over worry.**

**1. TRUE \_\_\_\_\_ (6:19-24)**

George Mueller

*The beginning of anxiety is the end of faith, and the beginning of faith is the end of anxiety.*

Billy Graham

*Anxiety is the natural result when our hopes are centered on anything short of God and his will for us.*

Robert Eliot

*Rule number one is, don't sweat the small stuff. Rule number two is, it's all small stuff. And if you can't fight and you can't flee, flow.*

The only way you can see all stuff as small stuff is to view true value from \_\_\_\_\_.

**2. REAL \_\_\_\_\_ (6:25-27)**

Don't allow life's \_\_\_\_\_ to become life's \_\_\_\_\_.

Robert Orben

*It doesn't pay to worry. If you went through last year's files marked "important," chances are the only things you'd keep are the paper clips.*

### 3. SELF-\_\_\_\_\_ (6:26-27)

To a great degree, stress is managed by a healthy \_\_\_\_\_.

Jesus example - **John 13:1-3** *He knew...*

...the Father had put all things under his power—his status.

...he had come from God—his identity.

...he was returning to God—his destiny.

Because of Jesus, there are three things we can know about ourselves:

- *We are seated in Christ in the heavens—*  
our \_\_\_\_\_ (**Ephesians 1:19-21; 2:6; Colossians 3:1-3**)
- *We were created and, now, re-created in God's image—*  
our \_\_\_\_\_ (**Genesis 1:26-28; Romans 8:29; 2 Corinthians 3:18; 5:17; Colossians 3:10**)
- *We are citizens and priests in God's eternal kingdom—*  
our \_\_\_\_\_ (**Philippians 3:20-21; Revelation 1:6; 5:10; 6:20**)

### 4. FAITHFUL \_\_\_\_\_ (6:28-33)

**1 Peter 5:7** *Cast all your anxiety on him because he cares for you.*

**Philippians 4:6** *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

**Romans 8:28** *God works together* (synergistically) **ALL THINGS for good**, for those who love him and are called according to his purpose.

C.H. Spurgeon

*God is too good to be unkind  
He is too wise to be confused.  
If I cannot trace his hand,  
I can always trust his heart.*

John Maxwell

*Worry is as wicked as swearing. Swearing is taking God's name in vain; worry is taking God's promises in vain. Worry is wasting today's time to clutter up tomorrow's opportunities with yesterday's troubles.*

### 5. PERSONAL \_\_\_\_\_ (6:34)

Deal with what is real right in \_\_\_\_\_ of you.

The key is focus on what you can \_\_\_\_\_.

**NOTE:** One way of taking personal responsibility for excessive or chronic anxiety, is to seek professional help. In addition to keeping a biblical perspective of God's goodness and who we are in Christ, God's common grace can be experienced through qualified medical and mental health professionals who have discovered, through sound, scientific research, how God's creation works, including the human body and mind.

Charles Swindoll

*There are no absolute guarantees, no fail-safe plans, no perfect, reliable designs, no completely risk-free arrangements. Life refuses to be neat and clean. Not even neurotics, who go to extreme measures to make positively sure they are protected from their obsessive fears, are really protected. Those best laid plans of mice and men continue to backfire reminding us that living and risking go hand-in-hand. Running scared inevitably blows up in one's face. All who fly, risk crashing. All who drive, risk colliding. All who run, risk falling. All who walk, risk stumbling. In short, all who live, risk something. To laugh is to risk appearing a fool. To weep is to risk appearing sentimental. To reach out, is to risk involvement. To expose feelings, is to risk exposing your true self. To love, is to risk not being loved in return. To hope, is to risk despair and to try, is to risk failure.*

*Do you want to know the shortest route to ineffectiveness? Give in to stress and start running scared. Try to cover every base at all times, become paranoid over your front, your flanks and your rear. Think about every possible peril. Focus on the dangers, concern yourself with the "what ifs" rather than the "why nots." Take no chances, say no to courage and yes to caution. Expect the worst. Play your cards close to your vest. Let fear run wild, triple lock all your doors. Keep yourself safely tucked away in a secure nest of inaction. And before you know it, to borrow from the late author E. Stanley Jones, "the paralysis of analysis will set in." So will loneliness and finally isolation.*

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This emotion can be experienced in many ways.

**Specific** – We are consciously aware of some threatening situation or object.

**Free-floating** – We do not know why we feel as we do. We are afraid something terrible is going to happen, but what it is or what we can do about it is a mystery to us.

**Acute** – It hits quickly, with high intensity and short duration, but it's crippling. It enslaves and keeps a person from doing daily tasks and responsibilities. It keeps us from being the people God created us to be.

**Chronic** – It is lower in intensity but lasts much longer. It's like a low-grade fever that weighs and wears a person down.

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The words *concern*, *care*, *worry*, and *anxiety* are translations of the same word in the New Testament. It's actually two words put together that mean **to divide the mind**.

When healthy concern (properly distracted to give special attention to an important need) becomes so intense that it turns into **stress** and **worry**, then healthy concern turns into unhealthy anxiety.

In **Matthew 6:19-34**, Jesus reveals the key to winning over worry. It's captured in a single word: **perspective**, the ability to see the present moment and immediate event against the background of a larger reference.

Jesus shares **five realities** about life we must keep in proper perspective to win over worry.

### 1. TRUE **VALUE** (6:19-24)

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The only way you can see all stuff as small stuff is to view true value from **God's perspective**.

### 2. REAL **LIFE** (6:25-27)

Don't allow life's **incidentals** to become life's **indispensables**.

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### 3. SELF-WORTH (6:26-27)

To a great degree, stress is managed by a healthy self-esteem.

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### 4. FAITHFUL FATHER (6:28-33)

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