



Anxious Much?

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April 28, 2024

When we are too busy Sometimes:

- We don't pay attention to the things that really matter.
- We have a tendency to not be present in the moment.
- We run the potential risk of allowing things to cause **stress & anxiety** in our lives.

Acts 27:14-20

"Before very long, a wind of hurricane force, called the Northeaster, swept down from the island. The ship was caught by the storm and could not head into the wind; so we gave way to it and were driven along. As we passed to the lee of a small island called Cauda, we were hardly able to make the lifeboat secure, so the men hoisted it aboard. Then they passed ropes under the ship itself to hold it together. Because they were afraid they would run aground on the sandbars of Syrtis, they lowered the sea anchor and let the ship be driven along. We took such a violent battering from the storm that the next day they began to throw the cargo overboard. On the third day, they threw the ship's tackle overboard with their own hands. When neither sun nor stars appeared for many days and the storm continued raging, we finally gave up all hope of being saved."

As the story goes on:

- Nobody eats for 14 days.
- They end up cutting the lifeboats loose.
- Eventually the ship strikes a sandbar.
- The Bow gets stuck.
- And...The Stern breaks off into pieces.

Concern - sees the challenge or issue and moves us to positive action.

Worry - focuses on things that are beyond our control and results in No Action or Negative Action.

Really, when we are worried, we are saying; God, I Don't Trust You.

Acts 27:23-25

“Last night an angel of the God to whom I belong and whom I serve stood beside me and said, ‘Do not be afraid, Paul. You must stand trial before Caesar; and God has graciously given you the lives of all who sail with you.’ So keep up your courage, men, for I have faith in God that it will happen just as he told me.”

How do we trust God like that in the middle of our stressful situation?

Matthew 6:25-34

*“Therefore I tell you, **do not worry about your life, what you will eat or drink; or about your body, what you will wear.** Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. **Are you not much more valuable than they?***

*And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. **If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?** So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. **But seek first his kingdom and his righteousness,** and all these things will be given to you as well. **Therefore do not worry about tomorrow, for tomorrow will worry about itself.** Each day has enough trouble of its own.”*

How should we respond instead of Worry:

- **Have Faith in God & His Word!**
- **KNOW THE WORD!**
- **Prioritize the Kingdom (What Matters to God) & His Righteousness** (Allow Him to shape you into the image of His Son)

Isaiah 41:10

*“So do not fear, for **I am with you**; do not be dismayed, for **I am your God. I will strengthen you and help you; I will uphold you** with my righteous right hand.”*

Isaiah 40:31

*“...but those **who hope in the Lord will renew their strength.** They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”*

Hebrews 10:23

*“Let us hold unswervingly to the hope we profess, for **he who promised is faithful.**”*

Philippians 4:6

*“**Do not be anxious about anything,** but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”*

1 Peter 5:7

“Cast all your anxiety on him because he cares for you.”

John 16:33

“I have told you these things, so that **in me you may have peace**. In this world you will have trouble. But take heart! **I have overcome the world.**”