

OVERCOMING WORRY

Matthew 6:25-34

As a Christian, we believe God can redeem us, we believe that God can help us break the shackles of Satan, we believe that God can give us eternal life, we believe that God loves us and is in the process of transforming our lives BUT we struggle to believe that God can get us through the next couple of days.

IF WE ARE NOT FIRMLY ANCHORED IN CHRIST, WE ARE BEING MASTERED BY CIRCUMSTANCES.

Is being concerned the same as worrying?

Scripture teaches us that God expressed concern over a situation but it led to action. 2 Kings 13:23; Ezekiel 36:21

The main difference between worry and concern is how you position God in relationship to your problem. If you place God between you and the problem, you have a concern. Worry keeps you stuck on problems and will distract you from planning any helpful ways of dealing with them.

Is there a difference between worry and anxiety?

We tend to experience worry in our heads and anxiety in our bodies. Worry creates mild emotional distress where anxiety can create severe emotional distress. Anxiety is not freeing but chains us to emotional distress that can have damaging effects to us physically.

Worry communicates:

- A distrust in God
- Circumstances control us
- Lack of faith
- I am responsible for what happens

Biblical instruction for worry:

- **Accomplishes nothing**—Matt.6:27. Worry does not empty tomorrow of its sorrow; it empties today of its strength.
- **Affects us physically**—Prov.12:25
Drains us of energy/saps our strength/becomes a mental burden that results in becoming physically sick/miss out on the present joys of life
- **Opposite of trusting in God**—Matt.6:30; Phil.4:6-7
- **Moves us in the wrong direction**—Matt.6:31-34; 1Peter 5:7

Overcoming worry

- **Address the false view you have of God.**
We need to reorient ourselves with a proper perspective of who we are, who God is, and why only God is worthy of our trust.
- **Introduce God into our worry**
- **Use prayer to reduce stress and anxiety--** Phil.4:6-7, "Do not be anxious about anything but in every situation, 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."
- **Focus on God being with you right now**
- **You can't work through this alone.** If you have been struggling with this for a long time, you need to seek someone who will walk with you.

Closing Prayer

Heavenly Father, I confess that there are times when I find it hard to keep going with anxious

thoughts running through my mind. Instead of trusting you to help me, I worry.

I ask for your forgiveness for trying to work things out on my own. I ask for your peace to flood my being, that I would begin to surrender my worries, fears and anxieties to you.

Help me to sense your presence, and to know that you are walking with me through each part of my day.

Help me remember that I'm not alone, but that you love me and care about everything that is going on in my life.

Help me to place my trust in you to take care of everyone of my needs— financial, relational, physical, social, spiritual, and emotional.

Help me to trust you more and worry less. Today I'm trusting that you are leading me to a new place where I won't forget that you are with me. A place where I'm growing in your Word and I'm understanding your promises better.

Heavenly Father, You are all I need.

I pray in Jesus' Name. Amen.