

Stretch Three: Defeating Worry

Text: Matthew 6:25-34

Introduction:

worry : mental distress or agitation resulting from concern usually for something impending or anticipated (<http://www.m-w.com>).

A close relative and of stress, worry can defeat a well-intentioned Christian that is overly “concerned” with something. Translated as “anxiety” or “care” in our English Bible, the Greek word literally means “to rip apart” or “to pull in opposite directions” and refers to an inordinate concern for the future (Morris, p. 209).

I. Worry’s Questions

A. How will the _____ affect the future?

“What will happen because of x event/choice?”

B. How will the _____ affect the future?

“What will happen because of x event/choice?”

C. How will the _____ affect the future?

“If this happens, what will happen next?”

Summary of point: Worry is caused from fear of the unknown _____.

II. Worry’s Wart

A. _____ Problems

1. _____ – Easily bothered by the environment.

2. _____ – Unable to calmly wait, often resulting in a pretend control of the circumstances worried about.

3. _____ – Cannot sleep well.

B. _____ and physical problems

1. _____ – An escape from the stress, worriers leave mentally and sometimes physically.
2. _____ – Examples: cancer, heart disease, high blood pressure, heartaches, peptic ulcers, irritable bowel disease, allergies, chronic fatigue syndrome, fibromyalgia, and depression.
3. _____ – Serious depression where normal life is impossible.

C. _____ problems

1. Cripples _____ – Matthew 6:30
2. Limits _____ – Matthew 6:31
3. Produces _____ – Mark 4:19
4. Reduces the Spirit's _____ – Ephesians 5:18
5. Destroys _____ – Philippians 4:6-7

III. Worry's Defeat

- A. Prepare, but be _____ to God's plan – Luke 14:28; James 4:13-16
- B. Realize God will _____ – Matthew 6:25-34; Philippians 4:19
 1. _____ – v. 32
 2. _____ – Psalm 91:1-3
- C. Seek _____ things – Matthew 6:33; Psalm 37:25
- D. Deal with _____ problems – Matthew 6:34
- E. Pray WITH _____ – Philippians 4:6-7
- F. Put God's Word in _____ – Philippians 4:9; Matthew 25:26
- G. Find _____ in God alone. Psalm 71:5; Romans 15:13