



# Dealing with the Disaster of Worry

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- I. Definition of \_\_\_\_\_
- A. The world says worry means to give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles.
  - B. The world says anxiety is a nervous disorder characterized by a state of excessive uneasiness and apprehension, typically with compulsive behavior or panic attacks
  - C. The world says an anxiety disorder is a common mental illness defined by feelings of uneasiness, worry and fear. While anxiety occurs for everyone sometimes, a person with an anxiety disorder feels an inappropriate amount of anxiety more often than is reasonable.
  - D. The Bible would define worry as a sinful idolatry that things must go as I desire and an unbelief that God is sovereign and good. Worry is the opposite of trust in God.
  - E. Worry could also be defined as spiritual and physical laziness.
- II. Why it's \_\_\_\_\_ to worry- Matthew 6:25-34
- A. Worry is \_\_\_\_\_ to our only Master- vs. 25
    - 1. A slave's only responsibility is to his master, and for believers to worry is to be disobedient and unfaithful to their Master, who is God.
    - 2. We must realize that worry is the sin of distrusting the promise and providence of God, and yet it is a sin that Christians commit perhaps more frequently than any other.
  - B. Worry is \_\_\_\_\_ because our heavenly Father is going to take care of us- vs. 26-30
    - 1. Christ is saying don't worry about food
    - 2. Christ is saying don't worry about your length of life.
    - 3. Christ is also saying don't worry about clothing
    - 4. To be anxious even about the thing which we need to survive, Jesus says is sinful and shows little faith.
    - 5. Worry declares our heavenly Father to be untrustworthy in His Word and His promises.

- C. Worry is \_\_\_\_\_ because it characterizes the world- vs. 31-33
1. Those who have no hope in God naturally put their hope and expectations in things they can enjoy now. They have nothing to live for but the present.
  2. As believers we don't have to worry about those things or chase after those things, because our heavenly Father knows exactly what we need.
  3. Rather than thinking about and worrying about the things of this world, we must seek God's kingdom first and His righteousness.
  4. In order to seek God's kingdom it means that we are going to submit to Him as ruler and to pour out our lives in the eternal work of our heavenly Father.

- D. Worry is \_\_\_\_\_ because God's promises are sure- vs. 34
1. Tomorrow will take care of itself, what we must do is concentrate on meeting the temptations, trials, opportunities, and struggles we have today, relying on our Father to protect and provide as we have need.
  2. God promises His grace for tomorrow and for every day thereafter and through eternity. But He does not give us grace for tomorrow now. He only gives His grace a day at a time as it is needed, not as it may be anticipated.

### III. Keys to Overcoming worry

- A. Confess the sin of worry
- B. A God-ward focus is needed
- C. We must plan ahead and focus on praise and thanksgiving