

Living free of Anxiousness, week 2: Overcoming worry

- I. Text: Mt. 6:25-34
 - A. Context: is the Sermon on the Mount-Jesus' blueprint for happiness.
 1. Mt. 6 is Jesus teaching his disciples about attitudes towards the basic necessities of life.
 2. He teaches that how one sees these necessities will determine whether the disciple lives in the fulfillment of the beatitudes (Mt. 5:1-12) which is Jesus' blueprint for happiness.
 3. Our need for security is great. Jesus addresses this.
 - B. Worry is mentioned 5 times.
 1. Worry- a distraction; preoccupation with things that causes anxiety.
This brings stress and pressure into one's life.
 2. Jesus points to the care of the heavenly Father. Remember he is "our Father who art in heaven" meaning his authority over situations on earth.
 3. Worry also reveals misplaced affections. Anxiety indicates the fear of loss and being diminished in some way.
 4. Catherine of Siena (from the Dialogues): "Why do you not put your trust in me your Creator? Because your trust is in yourselves. Am I not faithful and loyal to you? Of course I am. . . . But it seems they do not believe that I am powerful enough to help them, or strong enough to aid and defend them against their enemies, or wise enough to enlighten their understanding...."
 - C. Examples of nature
 1. Jesus uses several examples of nature. Pointing to the Father's care for such elements of life, ie. Birds, grass, etc..
 2. So how much more of worth are you?
 3. Your worth is proven by the cross: Jesus' sacrifice for you. See Romans 8:32.
- II. How do we live free of worry?
 - A. Immerse your mind and heart in the word of God in Scripture.
 1. Read the stories of Jesus acting in the lives of people. This build faith in who he is. Remember: Jesus reveals the Father. So how he is: what he does and speaks reveals the Father.
 2. Hear the stories in other's lives of God acting: both past and present. Stories like this build up our confidence in God's provision.
 3. Use your speech to "declare" the promises of God. This influences the mind's thoughts.
 4. Recall in your life when the Lord acted and intervened and provided. Do you think he will do it only once?
 - B. Remember:
 1. You were not wired to worry; but wired to trust your Creator who made you in love; redeemed you in mercy.
 2. You are worth more than the birds of the air and the lilies. This is evident by the sacrifice of Jesus for you on the cross.
 3. Thanksgiving and praise of who your heavenly Father is for you builds faith.

Reflection:

 1. What does worry do to you? Physically? Mentally? Relationally? Spiritually?
 2. Why is the word of God a remedy to worry?
 3. Where in your life now do you need to apply the promises of God vs. worry?

