

Consumed by Worry

November 29 & 30, 2008

Worry: The English word means “to choke or strangle” and the New Testament word means “divided mind”

Where does worry come from?

- Common Illusion: I worry because I have problems, so when my problems go away, I will no longer worry
- Reality: I worry when I feel a heightened state of vulnerability & a diminished sense of power or control
- ***Worry weighs a person down... Proverbs chapter 12 verse 25 (489)***
- ***A peaceful heart leads to a healthy body... Proverbs chapter 14 verse 30 (491)***

God’s solution for worry

Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Philippians chapter 4 verse 6 (901)

- Prayer is God’s solution to worry because prayer is stronger than worry
- “Praying about everything” means what I think about and what I pray about are the same!

I must pray what’s already in me...not what I wish was in me!

- Even though there is much in me that is self-centered & selfish, this is the very stuff God wants me to share with Him, I’m His kid...
- Whether my requests are large or small, pure motives or mixed, wise or foolish, let God sort it all out & let God “grow me up” as I interact with Him through prayer

How do I pray about everything?

1. I need to pay attention to the stuff already being played over & over in my mind

- What stuff is already being “looped” in my mind?
- Get quiet, and listen to this
- This is the stuff that I am already worrying about, the stuff that my mind is already running with
- DON’T try to glamorize this or clean it up!
- Just capture it & write it down

2. Instead of allowing my mind to keep looping this stuff (worry!), capture it & turn it into prayer

Money issues

- ask God to give you what you need, to allow you to be wise in using what you already have
- ***...Your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.***

Matthew chapter 6 verses 31 - 33 (738)

Worry

- worry does nothing to improve my quality of life
- It doesn't make you taller or shorter or thinner or bigger or smarter or richer
- It can't change the past & it can't control the future
- It doesn't bring you one inch closer to a solution
- It DOES rob you of today's joys
- ***Can all your worries add a single moment to your life?***

Matthew chapter 6 verse 27 (737)

Fear

- ***When I am afraid, I will put my trust in You. I praise God for what He has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?***
Psalm 56 verses 3 & 4 (438)
- ***God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy chapter 1 verse 7 (914)***

3. Read & memorize scripture so your mind has something new to think about

- I cannot make myself stop worrying. I stop worrying when I give my mind something else to think about!!!
- ***I can do everything through Christ, who gives me strength.***
Philippians chapter 4 verse 13 (901)
- ***If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking. James chapter 1 verse 5 (930)***
- ***Jesus said, "Don't let your hearts be troubled. Trust in God, and trust also in Me."***
John chapter 14 verse 1 (823)

Then you will experience God's peace, which exceeds anything we can understand.

His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians chapter 4 verse 7 (901)

More:

- Read what Jesus taught about worry in Matthew 6:25-34. How does His teaching there relate to this weekend's teaching?
- How does Psalm 37:7 relate to your life & your worries?
- What are the issues that constantly run through your mind, causing you to worry?
- What does the Bible say about that issue? Why not memorize some of those Bible verses so your mind has something new & different to think about in relation to that issue?
- How are you going to start "praying about everything" concerning that issue?

Next Weekend: Consumed by Self