



# JESUS

## LIONMAN of JUDAH

December 7, 2014 | Wawasee Community Bible Church | Milford, Indiana | Pastor Josh Weiland

## PART 40: **WORRY, WORRY, WORRY...**

Sermon on the Mount: **PART 7**

*Matthew 6:25-34*

### **WORRY IS SELF-CENTERED**

1. Worry forgets my value to God, and is **PRIDEFUL**.

*To be humble is to "know my place"; below God and above lower creation...*

2. Worry is a waste of **TIME & ENERGY**.

*Worry doesn't add to our life, it wastes time and shortens life...*

3. Worry reveals a lack of **FAITH**.

*"Worry is practical atheism and an affront to God." – Robert Mounce, NT Scholar*

### **MORE ABOUT WORRY FROM ED WELCH...**

- Worry is vision without optimism.
- Worry is getting what I want/value, and losing it.
- Worry is getting what I don't want.
- Worry reveals what we love and value.
- Worry increases with freedom.

### **A NEW (BIBLICAL) TERMINOLOGY...**

A "worrier" is **A FALSE PROPHET**.

A person who worries makes dire predictions about the future that rarely if ever come true, and *never* come true in the exact details... *See Deuteronomy 18:20-22*

## WORRY, ANXIETY... FEAR!

*Worry and anxiety are — at their core — expressions of fear.*

# WORRY

Worry is choosing to give way to anxiety or unease, allowing my mind to dwell on difficulty or troubles...

# ANXIETY

Anxiety is the emotion I feel and experience (often physically) that is rooted in my fear belief... When I'm anxious I have a choice...

# FEAR

Fear is the belief that someone or something is dangerous. It is an underlying belief. Fear is not necessarily a bad thing.

*To begin overcoming worry and anxiety, you need to get to the root belief...*

1. Is your root belief (root fear) **TRUE**?
2. Are you taking **RIGHT ACTION** in response to that belief
3. Is your greatest fear **GOD** or something else?

## CONTENTMENT IS JESUS-CENTERED (V. 33-34)

The ultimate cure for worry and anxiety is in seeking **JESUS**.

*A personal problem like worry and anxiety, requires us to seek a person to fix it. To seek the Kingdom first, is to seek the King.*

# 1:10 COMMUNITY GROUP HOMEWORK



Open Your Group in Prayer. Use the Prayer Guide on the next page for Suggestions.

1. Which of the following causes the most anxiety for you... A) Your bank account is low; B) You gained 10 pounds; C) Your child was suspended from school; D) No one reached out to you all weekend; E) Your mother-in-law visits for two weeks; F) Your business/job is on shaky ground.
2. What are some of your regular worries and anxieties?
3. How do you respond to them? How do they affect you... Mentally? Physically? Emotionally? Spiritually?
4. What is the root belief that that your worry and anxiety is rooted in? This will take some introspection and being honest with yourself...
5. What does that belief, that fear, reveal about you?
6. What is the difference between a legitimate concern and worry?

## Read Matthew 6:25-34.

7. Before we go on, go back and read **6:19-24**. How does 6:25-34 relate to what Jesus said immediately before it in v. 19-24?
8. What does Jesus tell his followers *not* to do? Why?
9. What does Jesus tell them to do instead? Why?
10. Of all the commands in the bible, the most frequent one by far (it appears over 300 times in Scripture) is ***do not be afraid***. Why do you think that is? What does the frequency with which it's mentioned say about us? What does it say about God?

## Read Philippians 4:4-8

11. What advice does Paul offer in dealing with worry and anxiety?
12. How can you encourage one another in your group this week in this?

# PRAYER GUIDE

WEEK OF DECEMBER 7, 2014

*During your prayer time this week, let's all be praying together about the following items.  
Use the space at the bottom to record your personal prayer items, or requests from your 1:10 Group.*

**NOTE:** *Due to the sensitive nature of some items on the Prayer Guide, we do not publish it online. Email the church office to sign up for the email prayer list: [office@wawaseebible.com](mailto:office@wawaseebible.com)*

## Personal Prayer Items

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