

LECTURE #22

WORRY

INTRODUCTION

1. All care and concern is _____ sinful. (II Cor. 11:28; Phil. 2:20)
 - concern that causes one to attend to business in responsible way
2. Meaning of word
 - a. Gr. Merimnate = to divide, to tear apart, distract, care, be anxious
 - b. Usage: Mark 4:19 Cares of this world
Mark 12:25
Mark 6:41
3. When a person's concern becomes _____
 - a. When it damages the body (I Cor. 3:16, 17)
 - b. When thoughts become unproductive
 - c. When it _____ you rather than you controlling it
 - d. When it causes us to _____ other relationships and responsibilities
 - e. When we lose hope instead of finding answers

Biblical insights about worry: Matt. 6:21-34 and How to Handle it

I. RECOGNIZE WORRY AS _____ Matt. 6:21-34

- A. It is unnecessary - vs. 26, 28-30.
 1. God is able and trustworthy
 2. Thus, worry is a form of unbelief
- B. _____ v. 27 (It is a thief of time)

1. It focuses on tomorrow - not today

-- thus, we sin when we are torn over things we cannot change and neglect things we should change

-- energy given for today is wasted and we are poor stewards

-- sin is further increased when we discover we are tired and have accomplished nothing - - depression

2. Thus, it avails nothing

-- to attack tomorrow's problem is to assume responsibility God has not delegated and will not be responsible for

cf. Matt. 25:26 - fearful steward

C. It is _____ v. 32a

1. It focuses on Earthy Values, not Eternal (Matt. 6:19-21, 22, 32; II Cor. 4:18; Rom 14:17)

2. It focuses on the _____ not the Giver (idolatry)

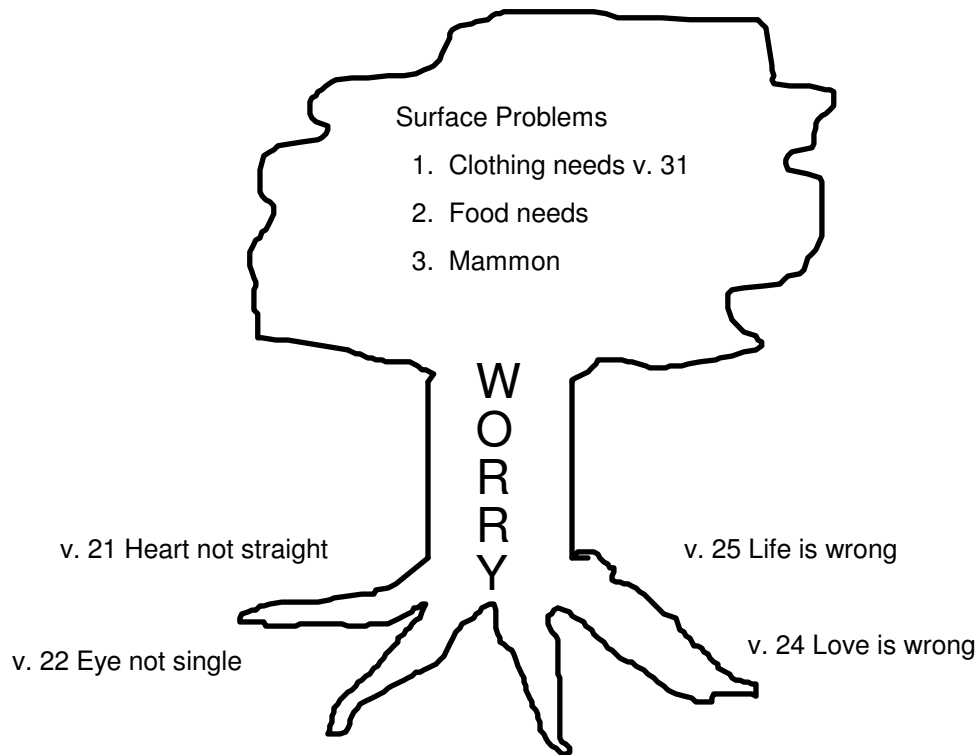
3. It focuses on what one thinks he does not have rather than on the bounty of God (v. 26, 27, 30)

4. It divides, destroys, controls (I Cor. 6:12)

-- Renders unproductive, wastes energy, neglects relationships and responsibilities

D. Observations --Fruit of Worry - Root of Worry

(focus is on earthly values)



II. _____ YOURSELF OF GOD'S PROVISION v. 26, 28, 30; 10:29-32

-- Develop a thankful and praising spirit

III. REDIRECT YOUR ENERGIES Matt. 6:33, 23

A. Negatively

1. Prayer _____ is no cure for worry. (Phil. 4:6-9)
Prayer is tied into right thinking and right action.
2. Apathy is not cure for worry. God doesn't tell us to stop desiring or planning. (Lk. 12:19, 20; Ps. 112:7, Prov. 16:9)
3. Pious wishing is no cure for worry.
"Don't worry about it, it will all come out in the wash."

B. Positively (Mt. 6:33, 34)

1. _____ for tomorrow and trust God to direct. (Jas. 4:14, 15)

2. Attack problems today in a _____ manner

- Begin restructuring life to solve today's problems
- Less carry-over of problems to tomorrow
- Habit patterns of solving problems carried over to tomorrow