

BIBLE



Worry



Topics

What is worry?



lump in the throat

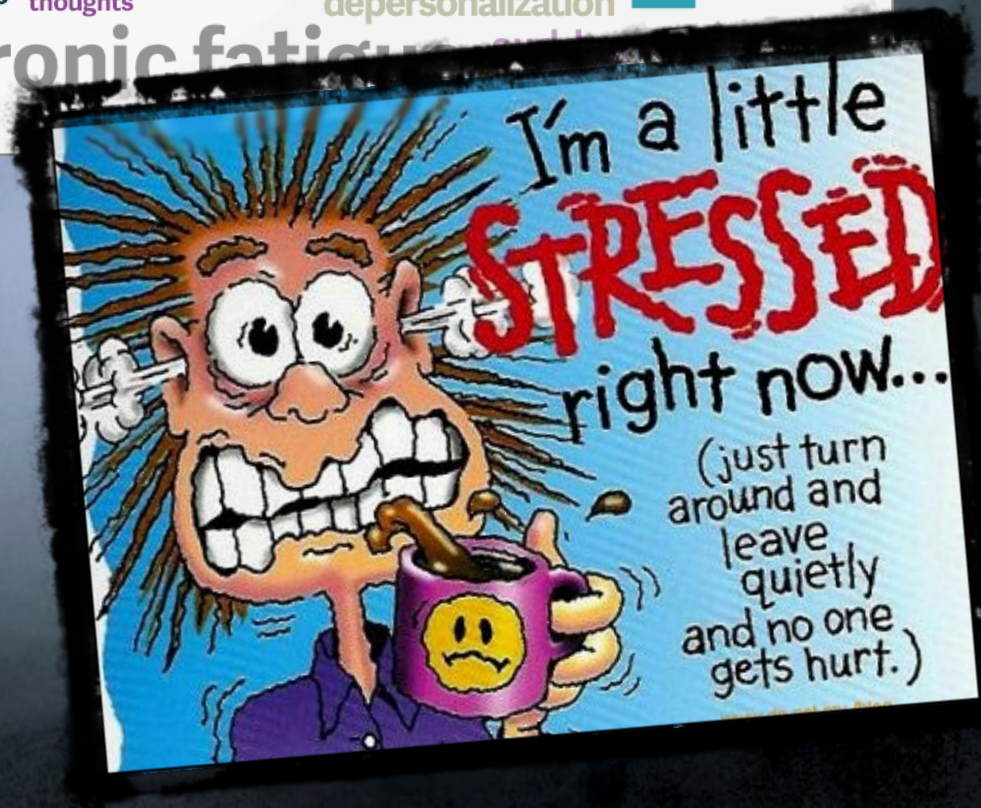
palpitations



Anxiety Symptoms

anxietycentre.com

racing heart, nausea, brain zaps, falling sensation, sweating, shaking, weak legs, difficulty breathing, feel like passing out, headaches, cold chills, jumpy, knot in stomach, crazy thoughts, yawning, chest pressure, tight band around the head, hearing loss, twitching, dizziness, body jolts, restless legs, giddiness, hot flash, night sweats, head pressure, body pain, numbness, eye strain, tightness, chest pain, tingling, facial tic, bloating, memory loss, depersonalization, burning, swaying feeling, stuck thoughts, skin, stabbing pains, weak limbs, chronic fatigue, blurred vision, lightheadedness, ringing in the ears



WORRY

Y

*anxious concern—
apprehension about
danger or misfortune*

μεριμνάω

**DIVIDED
MIND**

something bad could happen!

Matt 6:25-34

Do not be **worried** about your life
Who, by being **worried**, can add a single hour to his life?
Why are you **worried** about clothing?

Do not worry, saying,
'What will we eat?'
'What will we drink?'
'What will we wear?'

“So do not **WORRY**
about tomorrow,
for tomorrow
will **WORRY** for itself.

*Pursue His kingdom and His righteousness,
and all these things will be given to you*



WHAT... ME WORRY?

Matt 6:24 “**No one** can serve two masters, for either he will **hate** the one and **love** the other, or he will be **devoted** to the one and **despise** the other.”

LOVE/HATE ... DEVOTE (adhere)/DESPISE (abhor)
YOU CANNOT SERVE GOD AND MONEY

1 Tim 6:3-11

YOU CANNOT SERVE GOD AND MONEY

the love of money is a source of all kinds of evil
... men wandered away from the faith
have broken their hearts
with many sorrows

strive for righteousness ...

***PURSUE HIS KINGDOM
AND HIS RIGHTEOUSNESS,
AND ALL THESE THINGS
WILL BE GIVEN TO YOU***

WORRY

A Mental Safety Mechanism

“Worry Time”

What is the worst that might happen?

(Can I really predict the future?)

What is happening today? Right now?

Postpone Your Worry ...

WORRY

Assume safety unless there is clear evidence of danger.

ALLOW FOR UNCERTAINTY IN YOUR LIFE



Phil 4:6-9

Do not be anxious (worry) about anything ...

PRAY 4:6-7

THINK 4:8

ACT 4:9

Do not be anxious (worry) about anything ...

Phil 2:19-20

WORRY becomes **CONCERN**
CONCERN for *your* welfare
DEEP CONCERN for *you*

Prov 12:25 Anxiety in a person's
heart weighs him down,
but an encouraging word
lifts him up (JOY!)

BIBLE



Assurance



Topics