

The Lord of Our Anxieties

Luke 12:22 Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. 23 Life is more than food, and the body more than clothes. 24 Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! 25 Who of you by worrying can add a single hour to his life? 26 Since you cannot do this very little thing, why do you worry about the rest? 27 "Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. 28 If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith! 29 And do not set your heart on what you will eat or drink; do not worry about it. 30 For the pagan world runs after all such things, and your Father knows that you need them. 31 But seek his kingdom, and these things will be given to you as well. 32 "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. 33 Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will not be exhausted, where no thief comes near and no moth destroys. 34 For where your treasure is, there your heart will be also.

A Definition

Worry –

Jesus uses the word "worry" _____ times in this passage.

Worry is _____!

The Difference Between Worry and Concern

Worry focuses on improbable difficulties and produces _____.

Concern focuses on probable difficulties and produces _____.

The Problems Caused by Worry

1. Worry wastes _____ and _____.

Luke 12:25 Who of you by worrying can add a single hour to his life? 26 Since you cannot do this very little thing, why do you worry about the rest?

2. Worry impairs our _____.

"Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained." Arthur Somers Rhodes

3. Worry erodes our _____.

4. Worry _____ our _____.

Luke 12:11 "When you are brought before synagogues, rulers and authorities, do not worry about how you will defend yourselves or what you will say, 12 for the Holy Spirit will teach you at that time what you should say."

5. Worry often _____ our judgment and results in _____ behavior.

6. Worry _____ God.

The Good News

Worry can be _____ !

The Process

1. Develop a realistic _____ in God.

Recognize that He _____ our needs.

-- The _____

-- The _____

-- And you are more _____ than birds and flowers!

2. Hold a _____ view of life.

Eccl. 3:1 There is a time for everything, and a season for every activity under heaven: 2 a time to be born and a time to die, . . .

3. Keep your focus on the _____ rather than the _____.

Luke 12:29 And do not set your heart on what you will eat or drink; do not worry about it. 30 For the pagan world runs after all such things, and your Father knows that you need them. 31 But seek his kingdom, and these things will be given to you as well.

How Do You Do This?

1. It starts with _____ a _____.

2. You then spend time in _____.

3. Remember God's _____.

4. Send your " _____ " ahead

Luke 12:34 For where your treasure is, there your heart will be also..

5. Learn the _____ of living one _____ at a time.