

PEACE OF MIND—4

WHY DO I ALWAYS WORRY?

Series called—**Peace of Mind**

Talking about MH—Anxiety—Depression—Next week
Chronic negativity—Trauma/Abuse—Burnout

Today—talk about one of the biggest MH problems
So common our culture—Often overlooked—Completely ignored.

According—The World Health Org—Americans have a bigger
prob w/ this issue than people in any other country of world.

Most affluent society in the world is
The most **WORRY**-filled society in the world! We win!

According to Barna Research

- **About 60% of adults in the United States struggle with worry and stress *daily*.**

Over 1/2 worried—Mind drift msg—Child LK/Test/Dr appt.

Because of—Sinful nature—Default to Fear—Not Faith.

2am—Not awake trying to figure out how to manage peace/joy!

Child wrong friends—Health concerns

Job stress—Aging parents

Big things—Terrorism—Wars—Racism—Division—Price eggs!

What's the difference between anxiety and worry?
Related. Overlap. Different—Not expert—Oversimplification.

- **We tend to experience worry in our minds.**
- **We generally experience anxiety in our bodies.**

Worry is often—Specific—Anxiety generally—Broad.
WORRY might miss a flight—ANXIOUS traveling.

Good news—I feel less worried today—Sharing the teaching load.
Excited to tell you I'm team-teaching w/ your local pastor.

Now that I think about it—Worried about a couple—Praying.
Please help show some love to your CP!

Great to be with you—My name is _____.
Honored to serve as your pastor at LC _____.

How many of u grateful for PC's honesty and vulnerability series?
Following in that spirit—Honestly—I'm feeling very insecure!
My assignment is to show you How to Overcome Worry.
All I've done is "worry" I'm not going to do a good job! (Kill church)

Relate? All the problems in this world
Feels like someone needs to be worrying about them!

In **Matt 6**, J tells us multiple times—**Do. Not. Worry.**
Watch in middle of his powerful and practical teaching on worry
He actually covers 5 of the biggest topics most of us worry about.

Jesus says, Don't worry about...

- **Finances**
- **Food**
- **Fitness**
- **Fashion**
- **Future**

(I'd show these full-screen.)

In Matt 6:25, Jesus says...

²⁵ *“Therefore I tell you, do not worry... Matt 6:25*

Any time you see “therefore” in Bible—Ask what's it there-for?

Look at the verse before—In verse 24, Jesus said...

²⁴ *“...You cannot serve both God and money. Matt 6:24*

J says—Don't worry about **finances**—Can't love both G & money.
So don't overly focus on & obsess about money—Verse 25 again...

²⁵ *“Therefore I tell you, do not worry about your life, what you will eat or drink; (Food) or about your body, (Fitness) what you will wear. (Fashion) Matt 6:25*

Jesus said—**Don't worry about food.**

Crowd J talking to prob worried about food because they were poor.
We worry about where gonna eat—Eat too much—Wrong kinds food.

Don't worry about your body—Don't obsess about your health.
Take care of yourself—Body is temporary—We're focused eternal.

Don't worry about **what you wear**—**Fashion**
Don't worry so much what people think about you!

Before a big event—Try on outfits—Which one do you like?

Spent as much time thinking about God—As what you wear...
Change trajectory of your life!

³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself... Matt 6:34

Don't worry—Future—Where you'll go to school—Get job you enjoy.
Loved one sick—Spouse cheats—Hair will get too thin.

Jesus doesn't just tell us **not** to worry.
He shows us **how** not to worry!

²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Matt 6:26

J shows: God loves you way more than birds. And birds don't worry!
To be clear—If a bird is hungry—Does something about it.

Illustrates the difference between **concern** and **worry**.

- **Concern focuses on challenges and moves you to action.**

You think—My marriage is struggling—Concern—Get counseling.
Gained 12 pounds—Concern—Cut back on soft drinks.

Concern focuses on challenges and moves you to action.

- **Worry focuses on what's beyond our control and results in inaction.**

Stewing w/o doing—That's why Jesus asks the question in vs 27

²⁷ *Can any one of you by worrying add a single hour to your life?*

You worry—Nothing gets better! Your mental health gets worse.

Birds don't worry! And **birds** don't sit around doing nothing!
Birds don't wait for God drop food in laps—Don't have laps.

Get up—Fly around—Find a worm—Eat—Fly around—Sleep.
Don't hear chirp-chirp-chirp at night—Asleep!

Never see a bird awake—Pacing nest—Rubbing wings asking...
Think supply chain problem going to result in shortage of worms?

When we're worrying—We're basically saying,

God—I don't really trust you!
God—I don't trust your plan!

God—I don't believe you are with me!
God—I'm not sure you are really good!

Remember something PC said years ago that impacted me deeply.

- **What you worry about most reveals where you trust God the least.**

What is it for you?

Relationship? Health concern? Financial fear? Personal insecurity? You won't measure up? Not good enough? Don't have what it takes?

Could do personal here—But save best for end.

What do we do when we realize we aren't trusting God? Supposed to just trust God w/ my future? Finances? Future? Family?

Supposed to do? Great question. Jesus shows us our job ...

³³ *But seek first [God's] kingdom and his righteousness, and all these things will be given to you as well. Matt 6:33*

Seek him 1st—Pursue him—Pray—Press—Eyes—All things given.

Your job is to—Put God first in your life—Is he? Really?

1st day?—1st finances?—1st place mind drifts?—1st in relationships?

Show you one of 3 things that are true about what you're worried about today.

What You're Worried About Today ...

1. **May never happen.**

Researchers at Penn State asked people to document what they were worried about & how many of their fears happened next 30 days.

91% of their worries did not come true.

**Less than 10% of what you worry about will happen.
But your worry will rob you of peace 100% of the time.**

What you are worried about today—(1) May never happen...

2. **May happen and won't be as bad as you thought.**

- Yep, I didn't do great on presentation—Didn't matter much.
- Asked her out. She said no—Didn't bleed out by her locker.
- Yep, everyone laughed at me—Some seemed to like me more.

What you are worried about—May not happen.
May happen and not be as bad as you thought, or it ...

3. **May happen and God will carry you through it.**

Personal story

... and God is faithful (Let's pray)

Closing ...

If you are worried today—Remember ...

What you worry about most reveals where you trust God the least.

If there's something heavy on your heart, a worry, a fear, a burden,
let's put God first and cast our cares on him because he cares.

If you want to trust God with something you've been worried
about, lift your hands...

Pray ...

As you continue praying,
Some of you have a bigger worry
Where do you stand with God?

Present gospel

Pray
