

# Dealing with Anxiety and Worry

Long Beach Alliance Church • May 15, 2016 • Dr. Vincent Nwankpa

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? ...Therefore do you not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

-Matthew 6:25-34

## I. Worrying Accomplishes Absolutely Nothing v. 27 (Luke 12:22-31).

“When anxiety was great within me, Your consolation brought joy to my soul” (Psalm 94:19).

- A. Acknowledge God’s supremacy and ability to take care of you as He cares for the lilies, flowers, and birds of the air.
- B. King David acknowledged that the Lord is his Shepherd-King. For Jesus is the shepherd of His people. “The Lord is my Shepherd; I shall not be in want. He makes me lie down in green pastures, He leads me beside quiet waters” (Psalm 23:1-2). (See also John 10:11, 14.)

## II. Worrying is the Opposite of Trusting God v. 30 (Philippians 4:6-7).

- A. The worrier strikes out at God.
- B. The worrier disbelieves the Scripture.
- C. The worrier is mastered by circumstances (Ephesians 1:18-19).
- D. The worrier distrusts God. We are to apply God’s Word in our hearts and actions.

## III. Worrying Puts Your Focus in the Wrong Direction v. 25, 31-33.

George Muller in 1899 said, “Where faith begins, anxiety ends; where anxiety begins, faith ends.”

“Cast all your cares on Him, because He cares for you” (1 Peter 5:7).

- A. We replace worry with Right Focus-focus on Jesus and all His promises.
- B. We are asked to fix our eyes on Jesus and not on ourselves (Hebrews 12:2).
- C. We react to Problems with thankful prayer (Psalm 118:24).

## IV. Worrying Robs Us of Peace (Psalm 85:8, John 14:27, Romans 2:10).

“Now may the Lord of peace Himself continually grant you peace in every circumstance” (1 Thessalonians 3:16).

- A. Peace comes from obeying God (Leviticus 26:1-6; Romans 2:10; Psalm 16:11; James 3:17-18).
- B. Instead of worrying, you **can pray** and **read your Bible** (Philippians 4:6; 1 Peter 5:7).
- C. Worrying is destructive to us in many ways.
  - i. It can cause us to become mentally and physically sick (Proverbs 12:25).
  - ii. It brings stress.

## V. Worrying is Unwise Because of Our Future v. 34 (Lamentations 3:23-26; Psalm 118:24).

