

# 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).**

# GROWTH GROUP GUIDE • WEEK 6: MATTHEW 6:25-34

## SERMON REFLECTION

What were your thoughts on Sunday's message? Discuss with your group questions you had, things that stood out to you, and impressions you had.

**Living like Jesus takes community! Obedience to Christ requires that we do it in the context of relationships.**

**Because of that, we are going to look at various elements of INTENTIONAL GOSPEL RELATIONSHIPS.**

## HOW GOOD IS YOUR DISCERNMENT?

Proverbs 20:6 - "Many a man proclaims his own loyalty, but who can find a TRUSTWORTHY man?"

## DISCUSSION

1. Think again about the Beatitudes. How do you think Jesus' treatment of blessing relates to anxiety?
2. Jesus points to created things to help us understand anxiety. What do you think being made by God has to do with our neediness?
3. What are the things that keep you up at night? Why are those things so tender to you? What do you think Jesus thinks about them?
4. Ultimately the opposite of fear is trust, which leads into gratitude. Perfect love casts out fear and anxiety, which means imperfect love creates fear and anxiety. We have all put our trust in the wrong people, and ended up hurt because of it. We tend to isolate ourselves and trust only in ourselves to meet our needs, or at least control how much trust we put in others, and ultimately in God. Why do we think we are more able to meet our needs than the people in our lives? Why do we think God is unable to meet our needs or unconcerned with them?

What is the difference between trust and love? Trust and respect? Trust and enjoying someone?

What were your criteria for trustworthiness growing up?

Did your parents teach you how to discern whether or not someone was trustworthy?

*Safe People* by Henry Cloud and John Townsend & Proverbs 27 is known at the "relational chapter"

## MAKING ROOM TO MAKE DISCIPLES

How do people that don't know Jesus decide who is trustworthy? How do you think this plays into the decisions they make?

"When He saw the crowds, He had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then He said to His disciples, 'The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into His harvest.'" Pray.

## INTENTIONAL GOSPEL RELATIONSHIPS