

What am I to do ... when I am worried?

Introduction: Why a 'series of topics' on such issues as worry or fear?

1st Because it is *Biblical*: Eph. 4:11-12 (13-14)

- a. to be 'forgiven' is to be 'cleansed from sin's guilt
- b. but now I am still facing my 'sinfulness' and all the sinful habits of thinking and acting like a sinner
- c. key element to live holy are the same as to be pardoned (Gal. 2:2)

2nd Because it is *Evangelical*: Phil. 2:12-16

- a. our society is struggling under the reality of misery (Rev. 9:5)
- b. how hope-giving to see a 'cheering light' in such darkness

WORRY ... the 'acceptable sin' within the church!

I. What is worry?

A. Worry is *not*

1. normal and necessary **concern we show, giving thought and making plans** in being good stewards of our time, life and responsibilities in life (2 Cor. 11:28; James 4:13-16; Prov. 6:6-9)

B. Worry *is*

1. An anxiety or fear about the details of an unknown future
 - a. Greek 'worry' is to '*divide, part, rip, tear apart*' (Matt 12:25)
2. Worry is a *normal concern turned into a sinful pre-occupation with unknown*

II. What is wrong about sinful worry?

A. It is useless or unproductive to puzzle about 'what if...': Matt 6:27

B. It is unnecessary: Matt. 6:26b, 32b

C. It is a form of unbelief: Matt. 8:26; 14:31

D. It makes a very poor testimony to a world around

E. It is a form of self-idolatry

III. Dealing with worry

A. The 'world's recipe' of how to deal with worry

1. Positive dreaming

2. Pious wishing

3. Minimizing the situation

4. Medication

5. Spiritual doses of *Bible reading and prayer*

B. God's recipe on how to deal with worry: Phil. 4:6-9; Matt. 6:33-34

1st step: *pray right* in which we bring anything and everything to God

a. notice the absolutes in Phil. 4:6

b. notice the other absolute in Phil. 4:5b

c. notice the few requirements of this prayer

- supplication
- specific
- thankfulness

d. notice the fruit of this prayer (vs. 7)

2nd step: *think right*

a. Jesus challenges our thinking in (Matt 6:25-34)

b. since 'worries' stem from *wrong thinking*, we need to 'box our thinking' (Phil. 4:8)

c. prayer without *putting off wrong thinking* will not make us go forward

3rd step: *act right* (vs. 9)

a. Paul is one example

b. to 'do' is *to practice in developing new ways of thinking*

- consider Matt. 6:34
- what is then the best way to prepare for tomorrow?

Close: Final remedy for worry is to obey Matt. 6:33

A. Knowing and believing God in Christ is the *key to a care-free living*