



## What Are You Worried About?

**Matthew 6:27:** (NASB) *And who of you by being worried can add a single hour to his life?*

We all worry and we all get anxious at times. Well, if we are *really* people of faith, then shouldn't that faith override our worry? The answer is that in an ideal situation, yes, faith always wins. Unfortunately, the vast majority of us have not developed our faith that fully...yet! (Sigh!) The good news is Jesus knew this ahead of time and taught us how to cope with worry and anxiety. Stay with us - the "Worry Doctor" is in and his name is Jesus!

### Where is worry focused?

There are different sources of worry and anxiety:

1. "Need" Oriented: We worry over things that are legitimately vital to human life and well-being.
2. "Want" Oriented: We worry over things that may be more frivolous.
3. Out of Our Control: Then of course there is the worry about those things that are absolutely out of our control!

Fortunately for us, Jesus teaches us how to handle all three!

 **Not a fight or flight, Is My Anxiety Making Me Anxious, Dr. Bill Crawford**

- *The problem is when we get anxious when the situation is not a "flight or fight" situation. See, if we are in fight or flight situation, we get anxious and that helps us either fight it or run away from it. But in life when we are dealing with traffic and deadlines, difficult people or a thought about ourselves that maybe we are not enough, or some fear of being rejected or abandoned or failing in some way - that often triggers the exact same chemical. But because we are not in a fight or flight situation the chemical itself starts to become the problem. We become more anxious based on the chemicals of anxiety. That then starts to trigger a new reaction. Uh oh...now I'm getting anxious about my anxiety!*

So many of us worry about so many things. It can be both a distraction and a self-fulfilling prophecy.


**This text identifies three areas of our life which cause us to be anxious: 1 John 2:15-17:** (NASB) These three areas of challenge can be both need and want-based. For example, a desire of the flesh can be food when hungry or wanting to take a six-week cruise.

**FIRST KEY: A KEY OF UNDERSTANDING - Observe where your worry focuses its attention**

This is our worry test relating to the lust (desire) of the flesh.

Is our worry/anxiety focused on money? Family? The present? The future or our health? All of these? **Matthew 6:19-21:** The focus of your worry is the essence of your treasure.

**One principle to consider:** If we have major debt, usually major anxiety follows.

 **What worries you, [www.nature.com](http://www.nature.com)**

- *(Scientist) I'm worried about synthetic biology getting out of control. That is someone creating a novel organism they don't fully understand and then it does something disastrous to the environment.*

**Colossians 3:1-3:** So, if you really believe you are a true Christian, (if you have been raised up with Christ) then you should set your mind on the things above, not on the things that are on earth. The Apostle is telling us not to worry about things on the earth. If Jesus truly is the treasure of our heart, we have no other option than to focus above!

There are legitimate things in life we are supposed to be concerned about but there is a difference between being concerned and being worried.

### Did you know that God has autographed your life?

God's love for us is expressed in many ways and on many levels. When we worry and are anxious, it is wise to feel God's expressions of His love towards us, which is His collective signature upon the human race. What is the signature of God on us as human beings?



**God's signature relating to our desires of our flesh: Isaiah 1:18:** One of the chief desires of the flesh is to be acknowledged. Because we are created in His image, we can understand the depth of His love through reason and not only be acknowledged, but *forgiven* by our Creator!

What other creation on this earth has the ability to reason, and then to reason with God, and to be forgiven from God through Jesus? It makes us special in the site of God. So, why worry?

To fight any battle in our life, the state of our mind is of critical importance. Personally, one of the tools I continually use in fighting worry, anxiety and other things is laughter. I find that if I can smile and laugh a bit, I can be more mentally tuned in for the challenge.

**SECOND KEY: A KEY OF UNDERSTANDING - Test your eyesight to give you insight**

This is our worry test relating to the lust (desire) of the eyes!

 **Why worry, Andy Stanley, [northpointministries.com](http://northpointministries.com)**

- *Jesus says that the things that you are most devoted to fuel the things and parallel the thing that you worry about the most. In other words, the thing you worry about the most is the thing you are most devoted to. The thing you are most devoted to will determine what you will worry about the most. Now we don't think that way because worry is so emotional. We try to deal with worry in the realm of just pure emotion. Jesus says I would like to take away the mystery of worry. Let me explain it to you.*

If you are obsessed with how you look, that is where your greatest treasure is. Often our deepest worries are around how we are perceived to those around us. We need to be able to put those things in their right perspective.

Matthew 6:22-24: We are not to ignore our responsibilities. People of faith take care of what they are responsible for. If we are attempting to focus on *two contrary objectives* (even if they are not evil objectives) we are not only set up to fail, we are a prime target for worry and anxiety to take a permanent residence in our heads. What does it mean to have your eye *clear*? That word means "to be judged by sunlight, i.e. (figuratively) tested as genuine." We are to be genuinely focusing on the right things. Another use of *clear*: 2 Peter 3:1

**Here is an example of incorrect focus: Genesis 3:6-7:** Eve's focus on the tree superseded the command of God. **Jesus focused on the goal with joy and was rewarded: Hebrews 12:2-3:** Our eyes are to focus on Jesus.

If your eye is *bad*: Meaning hurtful, evil in effect or influence, (figuratively) calamitous; also (passively) ill, that is, diseased; but especially (morally) culpable.

Do you know someone who always sees only the bad stuff in a situation? What are we really looking for? We have to be realistic with hope and not negativity. Worry strangles hope. Without a choice of direction, we will wallow in the whirlwind of worry!

Joshua 24:15: We have to make a choice. There is an old saying: "He who chases two rabbits, catches none." How do we "just serve God" and still do all the other things that require our firm attention? Here is the answer! Colossians 3:22: Do the work for your master but reverence God. Then you can do all the activities that are not God-related but with a godly attitude.

God's love for us is expressed in many ways and on many levels. When we worry and are anxious, it is wise to look at God's expressions of his love towards us, which is His collective signature upon the human race...

**God's signature relating to our desires of our eyes: Psalms 32:8:** God uses the picture of saying He is watching us with His own eye to give us the right direction to go. Did you know that every human eye is different? Just as each human retina is unique, so our Almighty God looks upon us with His eye and counsels us as to our unique direction towards him. Trust in this and watch worry flee away! This can help us cope.

**THIRD KEY: A KEY OF UNDERSTANDING - Observe the value that God sees in YOU!**

This is our worry test relating to the pride of life!



Matthew 6:25-26

 **Birds - are you kidding me? Andy Stanley, northpointministries.com**

- *Jesus is saying, "Just for a moment I am trying to help you with worry. I want to teach you how not to worry. I want you to pull back. Just pull back." Then how insensitive is this...verse 26...ready? Look at the birds in the air.*
- *What?!? Look at the birds in the air? I DON'T HAVE TIME TO LOOK AT THE BIRDS IN THE AIR!? I need a job! I don't have time to look at the birds in the air, my son is failing the 11<sup>th</sup> grade! I don't have time to look at the birds in the air! I have no transportation! I don't have time to look at the birds in the air! I don't feel very well! I don't have time to look at the birds in the air - my husband says he's not coming back. No offense, Jesus... "look at the birds in the air," are you KIDDING me?*

The point is, do not worry about your life because it is more than food. Your body is more than clothing.

**Do what you must to provide for these things: 1 Timothy 5:8:** We must take care of these things without having our focus choked out by them!

Matthew 13:22: Sometimes when we worry, we must think of how we might tell our children to stop worrying and then practice what we preach. Psalms 55:22: Worry and anxiety can be about needs or wants and they can also be about things we cannot control.

**God's signature relating to our pride of life: Psalms 8:3-4:** Just as each of our fingerprints are unique, so is the hand of God in whose image we are created has, in the midst of His masterful universal creation, taken His time and attention to focus on us for we are precious in His sight. This is a "worry lifter!"

**PRACTICAL APPLICATION:** If you spend your days in worry, change the station in your head that you are listening to!

Here is the worry station, call letters WORY:

*"Welcome to WORY! Your station where molehills become mountains and daily challenges become problems of monumental proportion! WORY! All worry all the time!!! Now for your listening upset, we will play a fan favorite - "What About, What About, What About!!!"*

Worry begets worry and constantly asking "What about?" only begets more worry with no answers. Could this be a tool of Satan...? We have to learn to turn it off.

**FOURTH KEY: A KEY TO OVERCOMING - See, feel and know that FAITH replaces WORRY!**

**This is our worry test relating to replacing worry with faith!**

Matthew 6:27-30: God will provide. It does not mean we don't do our work, but we do it with God in mind and He will take care of the rest. You can't extend your life by worry. You can't clothe yourself with worry and you can't attain any glory with worry. So, the big question is, what do you do? Philippians 4:6-7:

**So, how do we evict worry and anxiety?**

Sometimes we need to play an association game in our mind to keep our priorities in place.

 **Mankind bears my thumbprint, Andy Stanley, northpointministries.com**

- *Are you not much more valuable to God than a bird? Let me ask it a different way: Do you think God cares more for you than he does the birds? I'll ask it another way: Do you think God is more concerned about you? You were made in His image. Read the story of creation. He made lots of cool stuff, but when He got to mankind He said this is different. I am making man and woman. I am making them in My image. They bear my thumbprint. When I see them, I think about Me.*

Instead of asking "what am I worried about?" We should ask "what am I in motion about?" We can redirect our thinking and get a sense of hope.



Jeremiah 17:5-10: So many of us live in that desert. What do we have to do to avoid living all alone like that?



Time for a new station between your ears! Let's drop in on the station with the call letters WIM-His. This is the station where worry and anxiety are but distant memories to be learned from and where faith and works live and thrive. Where God's will and way are the only will and way! This is the station where people who are tired of worry and anxiety come to rest and come to live! WIM-His.

Do we want to listen to WORY or WIM-His?

Matthew 11:28-29: Jesus understands you. He understands your emotional trials, he understands your grief, and he understands your deficiencies. Because he understands us, we can be confident that when we come to the throne of grace in his name to the Heavenly Father, we will be heard!

**FIFTH KEY: A KEY TO OVERCOMING - Faith in MOTION will clarify our DEVOTION!**

This is our worry test relating to putting our devotion with motion!

Devotion without movement is nothing but a thought.

Matthew 6:31-34: All of the previous keys will not be lasting without this one key!

**Once worry has been replaced, how do we keep it out?**

Smiling helps us to address the topic so much easier. It clears our minds a bit. So let's have a little fun with rhyming:

- Devotion too often follows emotion...
- Emotion brings our progress in Christ down to slow motion...
- When in slow motion our devotion is reduced to a mere notion...
- And when all we have is a notion, we might as well be out on the ocean, tossed about by every wind and wave of doctrine!

There are lots of things to worry about - Just DECIDE to change the station in your mind!

Let us transform the question "What am I worried about?" to "What am I in motion about?"

**True devotion puts your life into motion. Here is what the motion of faith looks like:**

2 Corinthians 4:6-10: We are to be reflecting true light. Faith replaces that which was previously there. Affliction comes, but it does not crush us. We do not give up in despair. Faith can handle, "I don't understand," but worry brings us to despair. Matthew 6:33-34: Overcoming worry and anxiety requires dedication of our whole being. Fortunately for us, God signed His name to our ability to overcome through Jesus! The same hand of God that created the universe has taken His time and attention to focus on us, for we are precious in His sight. What am I in motion about? Prayer is motion. Move forward in prayer with a positive attitude.

*So, what are you worried about?  
For Jonathan and Rick and Christian Questions,  
Think about it...!*