

LIVING FEARLESS: Imagine Your Life without Fear PUTTING WORRY IN ITS PLACE

June 20, 2010; Part 2

What If Faith, Not Fear, Was Your Default Reaction To Threats?

Worry Doesn't Work

"That is why I tell you not to worry about everyday life—whether you have enough... Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? **Can all your worries add a single moment to your life?**"
Matthew 6:25-27 NLT

"Stop being perpetually uneasy (anxious and worried) about your life" *Matthew 6:25 Amp*

- Jesus doesn't condemn legitimate concern for responsibilities, but rather a continuous mindset that dismisses God's presence

Why? We Do Not Include All Our Options

"That evening the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away so they can go to the villages and buy food for themselves. But Jesus said, "That isn't necessary—you feed them. **But we have only** five loaves of bread and two fish!" they answered."
Matthew 14:15 -17 NLT

- Do the Math: $5 + 2 = 1$ come up short
- Problem: I did not include all my options
- $5 + 2 + \text{Jesus} = \text{Solution}$

Luke 11:9 – John 15:7 – Mark 11:24

Eight Ways to Reduce Unnecessary Worry

1. Pray First

"Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] **on Him...**" *1 Peter 5:7 Amp*

2. Easy Now, Slow Down

"Rest in the Lord and wait patiently for Him" *Psalms 37:7 NASB*

"They have no wine." *John 2:3 NASB*

3. Act on It:

- Treat Frets like Mosquitoes

4. Compile a Worry List

- Write down the things that trouble you. Review them. How many turned into reality?

5. Evaluate Your Worry Categories

- Highlight themes – preoccupations. Pray for these specifically

6. Focus on Today

"Let us therefore **boldly approach the throne** of our gracious God, where we may receive mercy and in his grace find timely help" *Hebrews 4:16 NEB*

- God meets daily needs, not weekly...

7. Unleash a Worry Army

- Share your feelings with faithful friends. Have them pray with you

8. Let God Be Enough

"Your heavenly Father **already knows** all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need." *Matthew 6:32-33 NLT*