



Not Feelin' It
10-Apr: Worried & Anxious

Series Summary: How I feel is not my God. Just because we feel a certain way does not mean that emotion is from God or acting on that emotion is God-honoring. Instead, we take hold of every thought and submit that thought or emotion to God.

Big Idea/Question: Life will give us things to worry about. It is how we respond to those things that reveal the foundation of our faith.

GET THEM TALKING

What is one thing that has stressed you out the most in the past year?

How do you deal with feeling worried or anxious?

GROUP DISCUSSION

(Is worrying sin?)

How could being worried or anxious affect your walk with Christ?

Is it a sin to be worried? Could it be a sin to be worried and anxious?

Leader Note: I answer these questions in the teaching video.

VIDEO TEACHING

Worry Reveals Idols

Is it automatically a sin to be worried or anxious? No. Then why does the Bible command (not suggest) that we cast our all fear and worry... a lot.

Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."

There are about 100 more commands just like these! The command to not fear is one of the most common in the Bible.

If we are consumed by fear we need to ask ourselves two questions

What does your worry say about what you worship? Worry and anxiety can clearly show us what we value the most in our lives. If we are consumed with worry about _____ we are saying "I can't live without _____." Whatever that _____ is that is causing your worry and anxiety may be an idol that you are valuing above everything else, even God. For example, if you are always worried about if others approve of you then acceptance and popularity are an idol.

What does your worry say about your trust in the Lord? We are going to see what Jesus had to say on that in his famous Sermon on the Mount in Matthew 6...

GROUP DISCUSSION

(How to deal with worry)

Matthew 6:25-26 "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 than food, and the body more than clothes? **26** Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

What is Jesus teaching us in this passage about worry?

When we worry, what does that show us about our trust and faith in God? How does Jesus answer that question in the following passage?

Matthew 6:27-30 Can any one of you by worrying add a single hour to your life? **28** “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. **29** Yet I tell you that not even Solomon in all his splendor was dressed like one of these. **30** If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?

Is it true that we should not worry? Absolutely. But the Christian faith is not just about a long list of don'ts. It is also about what we are called to go and do. What are we called to do in place of worrying?

For further study: The Apostle Paul addresses how we should respond to worry and anxiety with prayer in Phi 4:6-7.

How does Jesus answer the question above in vs 31-34?

Matthew 6:31-34 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32** For the pagans run after all these things, and your heavenly Father knows that you need them. **33** But seek first his kingdom and his righteousness, and all these things will be given to you as well. **34** Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Vs 32 - Jesus points out that pagans (people who do not believe in Jesus) worry all the time. But as believers in Jesus Christ, we should be different. How should your faith in Christ change how you deal with worry?

Could constant worry impact your testimony or ability to share the Gospel with others?