



Defusing Wo rry

Philippians 4:6-7

Worry

It Can...

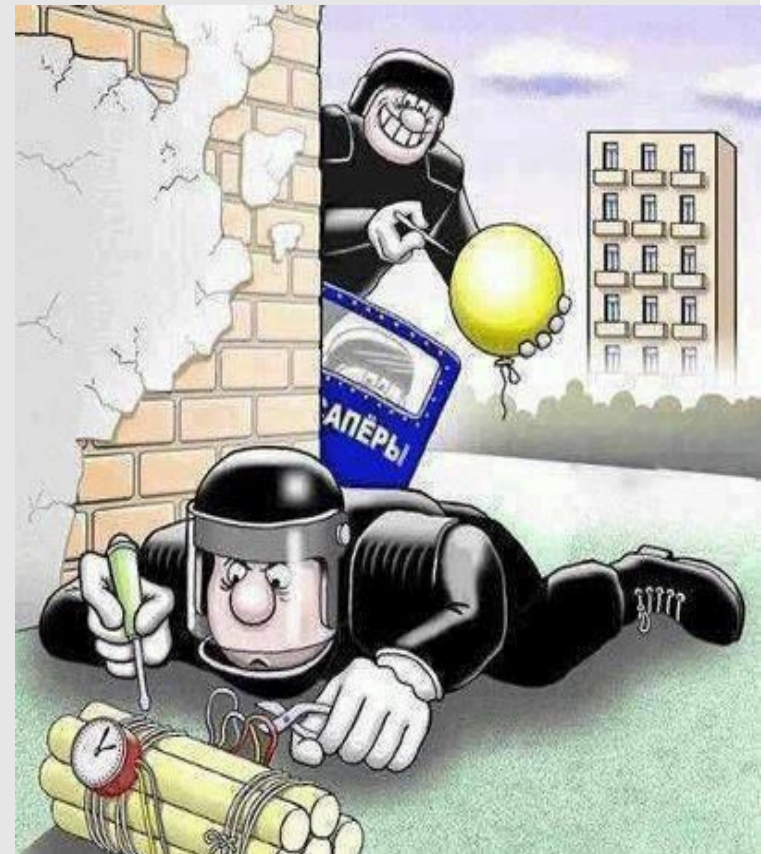
- Keep You Up at Night
- Siphon Away Energy
- Consume Your Life (*mass explosion*)

Worry Comes Naturally

- That's Why It Needs to be Dealt with...

...Supernaturally

...Defuse It



Worry

A Major Cause of Stress is Worry...

- Worry Should Not Be a Part of Our Lives
- Worry Kills Joy and Robs Our Energy
- We Become Unproductive and Tired

Most Common Worries:

- Finances
- Jobs
- Relationships
- Kids
- Health

The Old English for worry= *“strangle or choke”*



Worry and Concern

Both Address the Problem But....



Concern= Solution Oriented

- Focuses on Solving the Problem
- Has a Positive Focus on the Future
- It Comes Up with Options, Addressing Problem



Worry= Problem Oriented

- Focuses on the Problem
- Has a Negative Focus on the Future
- Speculating on what may happen/ fearing the worse
...What If?



Concern and Worry

- + Concern Focuses Us
- + Concern Helps Us Plan
- + Concern Clarifies Purpose
- + Concern Perseveres
- + Concern Pinpoints Problems
- + Concern Cares For Others

Concern...

...You Attack the Problem

- Worry Distracts Us
- Worry Disables Planning
- Worry Blurs Our Vision
- Worry Tends to Give Up
- Worry Exaggerates
- Worry Focuses On Self

Worry...

...the Problem Attacks You!

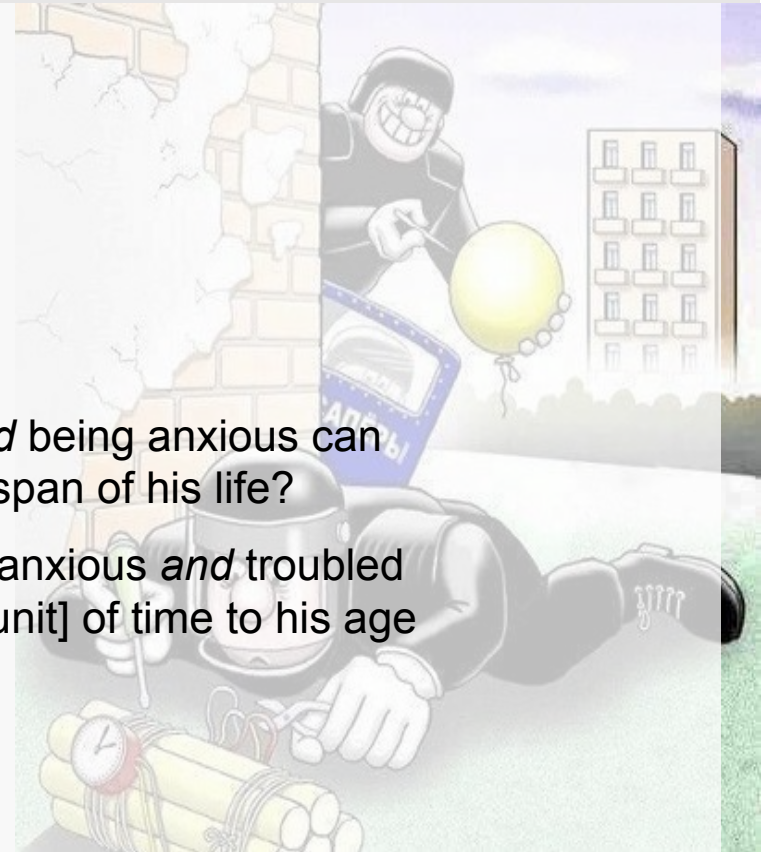


Three Problems with Worry



It's Unhelpful:

- **Worry Never Accomplishes Anything**
 - **Does Not Solve the Problem**
 - **Cannot Change the Past**
 - **Cannot Control the Future**
 - **It Can Only Make Us Miserable Today**
- **Matthew 6:27 (AMP)** ²⁷ And who of you by worrying *and* being anxious can add one unit of measure (cubit) to his stature *or* to the span of his life?
- **Luke 12:25 (AMP)** ²⁵ And which of you by being overly anxious *and* troubled with cares can add a cubit to his stature *or* a moment [unit] of time to his age [the length of his life]?





Three Problems with Worry



Unhelpful



It's Unreasonable:


- **Worry Magnifies the Problem.**
- **Makes Mountains Out of Molehills.**
- **Makes Problems Seem Bigger Than They Are**

Proverbs 12:25 (NLT) ²⁵ *Worry weighs a person down;
...an encouraging word cheers a person up.*





Three Problems with Worry

 Unhelpful

 Unreasonable

 **It's Unhealthy:**

The Body is Not Made For Worry

- Worry can Cause Ulcers, Headaches, Insomnia.

It's Unnatural- Plants and Animals Don't Worry...

...The Only Thing in Creation that Worries is People

Philippians 4:6-7 (NLT) *Don't worry about anything; instead, pray about everything. Tell God what you need, and that's what he has done.*

⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.



God's Antidote For Worry?

**Believe God will Take Care of Me...
...and My Situation**

Two Scriptures...

• **Psalm 23:1 (AMP)** THE LORD is my Shepherd
[to feed, guide, and shield me], I shall not lack.

○ **We Have a Faithful Shepherd**

• **Psalm 91:1-2 (NKJV)** *"He who dwells in the secret place of the Most High
Shall abide under the shadow of the Almighty. ² I will say of the LORD, "He
is my refuge and my fortress; My God, in Him I will trust."*

○ **We have a Powerful Refuge**



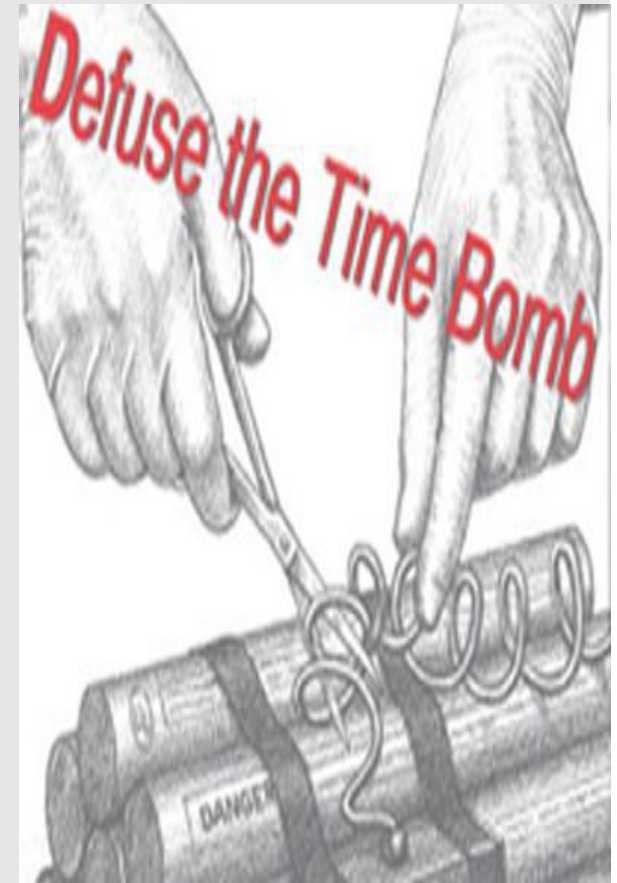
Our Powerful Refuge

Psalm 91:1-2 (NKJV) *“He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. ² I will say of the LORD, “He is my refuge and my fortress; My God, in Him I will trust.”*

- **The Most High** -“El-yon”= **Possession**
 - God is the Owner of Everything! He Created it All.
- **The Almighty** -“Shaddai”= **Provision**
 - God is the Provider of All, the One That Supplies All Our Needs.
- **The Lord** -“Jehovah”= **Promise**
 - **The Eternal, Immutable Unchanging One! - The Great “I AM”**
- **My God** -“Elohim”= **Power**
 - Name associated with Creation- appears 2700 x’s

Our Powerful Refuge

- ☀️ **REST** in God's Shadow (1)
- ☀️ **REFUGE** in God's Fortress (2, 4)
- ☀️ **REDEMPTION** from Temptation (3)
- ☀️ **RELIANCE** upon His Promises (5-6)
- ☀️ **RETRIBUTION** upon the Enemy (7-8)
- ☀️ **RESORT** from Wrath (9-10)
- ☀️ **REINFORCEMENT** from Angels (11-12)
- ☀️ **RESCUE** from Danger (13-14)
- ☀️ **REQUESTS** Answered (15)
- ☀️ **RESILIENCE** Promised (16)





Fourth Problem with Worry

Worry is Unnecessary- if Jesus is your Shepherd/ Refuge

•Any Time You Let Worry Consume You...

...Your Actions are Saying: God is Not Enough!

I Am Not Sure...

- He Can
- He's Big Enough
- He Is Even There

The Antidote for Worry is...

...Run to Your Shepherd/ Refuge

