

Philippians 4:6-7



Back to Basics
“Worry” pt1

Defusing Worry

Philippians 4:6-7

What is Worry?

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- **Intense Emotional, Mental Distress Caused by Anxiety**
 - to Seize, by the Throat, w- the Teeth and Shake or Mangle, as One Animal Does Another.
 - ... Squeezing Tightly
 - ... Shakes the Life Out of It's Victim
 - **Choke, Suffocate, Crowd Out, Crowd In**

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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...**

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

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- **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**

...Why Not?

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...Why Not?

Worry= Problem Oriented

- Focuses on the Problem
- Has a Negative Focus on the Future
- Speculating on what may happen/ fearing the worst

...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!

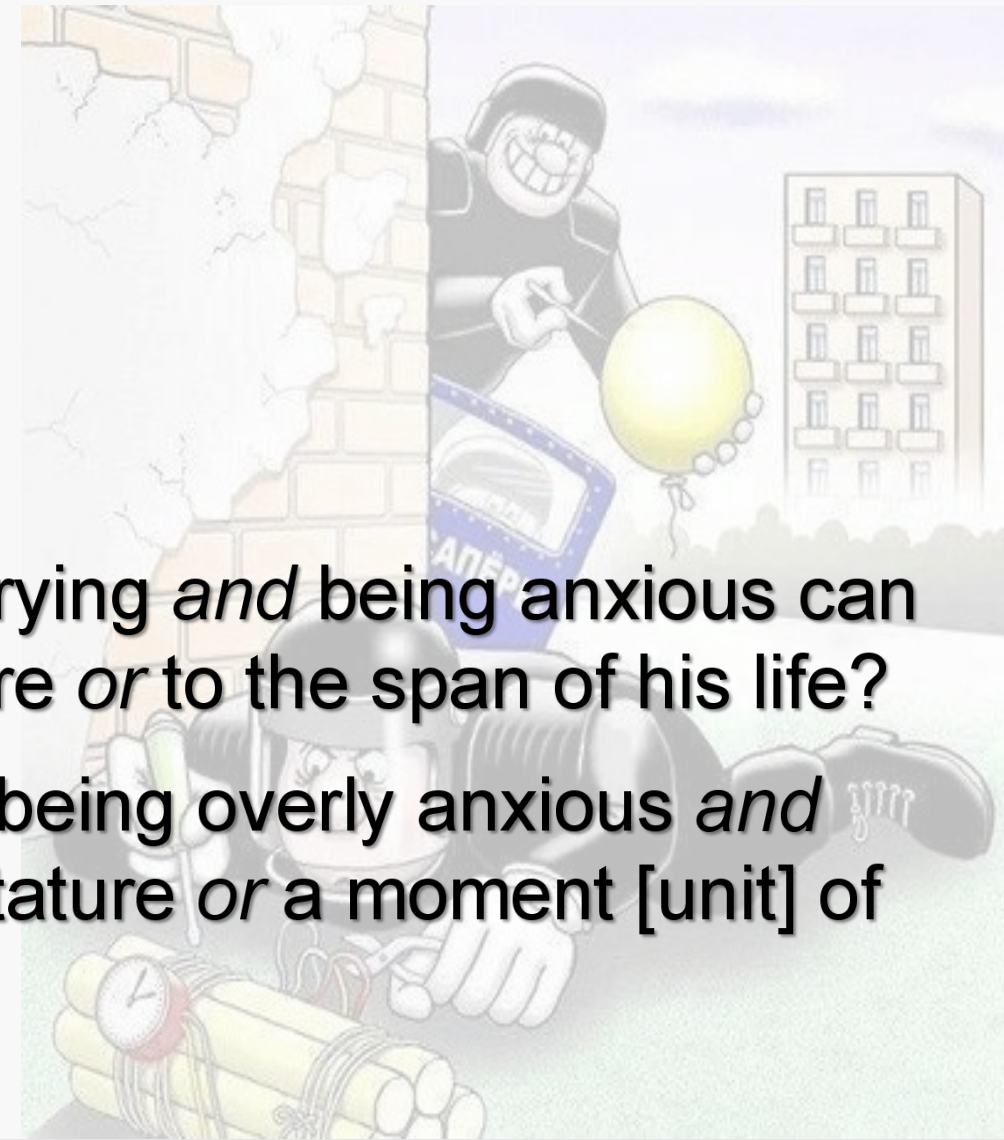


Three Problems with Worry



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 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**





Three Problems with Worry



Unhelpful



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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



Three Problems with V



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



Phil 4:6-7 (NLT) *Don't worry about anything; instead, pray about everything. Tell God what you need, /thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts /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 some 2700 x's



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!



Psalm 91:1-2 (NKJV)

*“1 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.’”*