

MEN'S LIFE BLOOMINGTON & GOD @ WORK

Tuesday, March 22, 2022

Worry

Overview:

With today's tumultuous and uncharted climate, a certain amount of worry and anxiety are normal. While we use these terms interchangeably, they are entirely different animals — and they have different implications for health and well-being. Worry tends to reside in our minds. Anxiety affects both body and mind. Everyday worries take place in our thoughts, while anxiety often manifests physically in the body.

As Christians with a Biblical world view, however, we have a different Scripture-based view of worry than the secular definitions. We seek the counsel of God's Word and place trust in His promises. Like it or not, God sometimes brings us to a point that a solution seems impossible. We may panic. We may think, "This is a test!" Yes, this may be a test of your marriage, your integrity, your employment, your courage or even your Christian Faith. So, we worry. But remember, God's tests bring out our best. They can bring us to greater heights of faith, humility, and love. How does that happen? First take a brief look at the problem. Then take a long look at the possibilities. And, whatever you do, take a deep look at the Provider.

Video: Mark Moore's Core 52, #48

Segment Questions: (References are on back)

Read Philippians 4:6-7 **Don't Worry!**

- What alternatives to worry does Paul suggest to the Philippians and to us?

Read Matthew 6:25-34 **There is more to life than food and work.**

- In this Sermon on the Mount statement, what is the caution Jesus is giving to his first century audience?

Read I Peter 5:7 **Be content.**

- What are some characteristics of a content Christian man?

Read Matthew 11:28-30 **Come to Me.**

- What might be meant by the "unforced rhythm of grace"?

Action Questions

- What worries you today? What are the worries of your family members?
- What are some words or phrases you might use with a non-Christian acquaintance or co-worker who is telling you about his or her worries?

Prayer

1 What is the world to me
with all its vaunted pleasure
when you, and you alone,
Lord Jesus, are my treasure!
You only, dearest Lord,
my soul's delight shall be;
you are my peace, my rest.
What is the world to me!

2 The world seeks after wealth
and all that money offers,
yet never is content
though gold should fill its coffers.
I have a higher good,
content with it I'll be;
my Jesus is my wealth.
What is the world to

INTRODUCTION

Worry is a fact of life. The modern world is full of stress and pressure. Very few people are immune from worrying about something at some point in life. But fundamental to Christianity is the belief that, whatever people face, they do not need to face it alone. They do not need to find solace in alcohol, drugs, food, shopping or a thousand other distractions. Christians believe that God loves humanity and wants to have a relationship with everyone. Part of that relationship is talking to him by praying and asking him for wisdom and confidence as we grapple with issues which concern us.

God is not a cosmic slot machine offering instant solutions. Being a Christian does not make worries disappear, but the Christian world view is the better way of dealing with difficult situations. Christianity teaches that God loves His creation and always hears prayers – but he may not answer them in the way that is expected. Being part of a Christian fellowship provides an opportunity to share concerns and worries with others and ask them to pray too. They can also provide practical support and advice.

Philippians 4:6-7 *Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.*

Matthew 6:25-26 *If you decide for God, living a life of God-worship, it follows that you don't fuss about what's on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds.*

1 Peter 5:7 *So be content with who you are, and don't put on airs. God's strong hand is on you; he'll promote you at the right time. Live carefree before God; he is most careful with you. Keep a cool head. Stay alert. The Devil is poised to pounce and would like nothing better than to catch you napping. Keep your guard up. You're not the only ones plunged into these hard times. It's the same with Christians all over the world. So keep a firm grip on the faith. The suffering won't last forever. It won't be long before this generous God who has great plans for us in Christ—eternal and glorious plans they are!—will have you put together and on your feet for good. He gets the last word; yes, he does.*

Matthew 11:28-30 *"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*

John 6:6-7 *Lifting up his eyes, then, and seeing that a large crowd was coming toward him, Jesus said to Philip, "Where are we to buy bread, so that these people may eat?" He said this to test him, for he himself knew what he would do.*