

FREEWAY

A NOT-SO-PERFECT GUIDE TO FREEDOM

Week 5: The Freedom Robber

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What's in a word?

The Greek verb for anxious is *merimnao* which literally means to be divided or distracted.

The Latin word for anxious is *anxius* and literally means to choke or strangle.

We get our word for worry from the German word "wurgen."

What Jesus said About Worry

²⁵ "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? ²⁷ 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? ³¹ 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. - **Matthew 6:25-34**

5 Facts About Worry

Fact #1: Worry lives in the future.

"Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." - Matthew 6:34

"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." - Philippians 4:6 (*The Message*)

Fact #2: Worry paralyzes our heart.

But make up your mind not to worry beforehand how you will defend yourselves. - Luke 21:14

(Continues on back)

Fact #3: Worry drains our joy.

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. – Galatians 5:22

Fact #4: Worry warps our perspective.

Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed every day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen in temporary, but what is unseen is eternal. – 2 Corinthians 4:16-18

Fact #5: Worry strangles our faith.

When we worry, we quietly say to God, “I don’t think you know what you’re doing. I don’t think I can trust you. I think I can do more about a situation than you can.”

Three words for the worrier:

God is greater

1 John 3:19 says, “This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence whenever our hearts condemn us. For **God is greater** than our hearts and he knows everything.”

Next Steps

Go public with your decision to follow Christ by being baptized during a weekend service on March 1 or 2. Required **baptism classes** are offered February 22 & 23 after services. Details on today’s program insert.

Small Group Questions

- 1) What causes you great concern or worry?
- 2) What do you think is the difference between godly concern and worry?
- 3) If you were to add to the 5 Facts About Worry in the outline, what would you add? Do you have a scripture to support your point?
- 4) What does your worrying say to God?
- 5) What encouragement would you offer to a friend who is wrapped in worry?
- 6) How can we pray for you today and this week?

OUR MISSION | To create an authentic Christian community that effectively reaches out to unchurched people in love, acceptance and forgiveness so that they may experience the joy of salvation and a purposeful life of discipleship.