

SERMON STUDY NOTES

8th March 2020
Speaker: Martin Armstrong

You Don't Have To Worry

1. Isn't it ironic that the higher the standard of living in a society, the higher the incidence of worry, anxiety, and neurosis. Eccl. 5:12. *Why is this?*
2. JD. Rockefeller Sr. was the richest man alive, but for much of his life he was also one of the most miserable. *Do you know people like this?*
3. Worry is a sign of a self-centred rather than a Christ-centred life. (Matt 6:24-25). *Do you agree?*
4. Anxiety is a real part of everyone's life. The way to cope with it is to simply take it in small doses. Man was built emotionally and psychologically so that he can handle worry in daily doses. Don't borrow tomorrow's worries. (Matt 6:34) *Discuss*

5. Here are some statistics about the things we worry about: 40% never happen. 30% regard unchangeable deeds of the past. 12% focus on the opinions of others that cannot be controlled. 10% is about personal health, which only worsens as we worry about it. 8% concerns real problems that we can influence. This means that 92% of our worries are needless and irrelevant. *Discuss*

6. When you encounter giants remember to look back to the lion and the bear. 1 Sam. 17:34-37. Don't look forward in fear; but look backward in appreciation. *Give some examples of God's intervention in the past that has helped you to build faith for the future.*

7. Read Phil. 4:6-7. Our part is to pray and be thankful. God's part is to bring peace and protection. Believing prayer opens us up to God's peace: a peace imported from heaven. Has anyone experienced this peace as you have dumped your problems on God?

8. We cannot live a life of disobedience and expect God to always bail us out. Be careful that our own greed, selfish ambition, or lack of self-control is not what's getting us into these situations (James 3:16, Prov 25:28). Give some examples of how this may happen?

9. 1 Pet. 5:7 "*Cast all your anxiety on him because he cares for you*" That's what we can do with our anxiety and fears. Share your worries and fears with one another and pray for each other.