

FREEDOM FROM WORRY

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Text: Phil. 4: 6-9; Matt: 6:25-34

Introduction:

A. Why do people worry?

1. Personal Reason – the person is dealing with life's concerns or worries
2. Psychological Reason – the person admits one's inability to handle the situation.
3. Spiritual Reason – the person may be struggling with trust issue.
4. Practical Reason – the person is crying out for help to deal with concerns or worries.

B. Can we really be free from worry?

The word for worry in Greek is merimnao. Merimnao describes two types of worry:

1. Healthy Concerns - legitimate cares or concerns. This is the positive side of merimnao or worry. Ex. The apostle Paul in Phil. 2: 28
2. Unhealthy worry - anxiety that is excessive and problematic. This is the negative side of merimnao or worry. Ex. Matt. 6: 25, 27,32,34; Phil. 4: 6-7

C. How then do we handle worry?

1. Do What You Can.

- a. Tell God - express in prayer everything that makes you concerned or worried. (Phil. 4:6)
Result: The worrier experiences the peace of God.
- b. Tell yourself - meditate on excellent things and the Lord's goodness in your life. (Phil. 4:8; Ps.103:1-5, 9, 11)
Result: The God of peace will be with you and the worrier is encouraged and praise God.
- c. Arrange your life's priority to reflect God's - seek God first, His kingdom and His righteousness. (Matt. 6:25-33)
Result: God promised to take care of our needs.
- d. Do your best. Do everything you can within your power to deal with your concern or worry. Ex: Apostle Paul (Phil.2:19)

2. Trust God to do what you cannot.

God's credentials that qualify Him to help us experience freedom from worry:

- a. He is God - He is all-powerful, all-wise and all-present.
(Matt. 6:33; Gen. 1:1)
- b. He is King – He is in-charge of everything. (Matt. 6:33)
- c. He is our Heavenly Father – He is our Provider and Protector.
(Matt.6:26, 31-32)

Conclusion:

TABLETALK STARTERS (For family devotions and Life Group discussions)

1. What was your biggest worry in life? How did it end?
2. Of the four possible reasons for worry, which is the most difficult to deal with? Why?
3. How do you know when the person is overly anxious or has healthy or normal concerns? Please refer to Phil. 4: 6 -9 and Matthew 6: 25 – 34 and check main point B - 1 and 2. Please elaborate your answer.
4. There are two practical ways to handle worry from last Sunday's message: Do what you can and trust God with what you cannot. Please refer to sermon outline main point C – 1a - d and C – 2a – c. Which of these practical and biblical principles have you tried in dealing with life's concerns and worries? Please share testimony.

PRAY!