

Overcoming
STRESS,
ANXIETY,
WORRY
(SAW)



I. INTRODUCTION

Like a saw, this terrible trio...

- Stress
- Anxiety
- Worry

... can cut you apart.



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OVERCOMING STRESS, ANXIETY & WORRY

- 1) INTRODUCTION
- 2) UNDERSTANDING WHAT THEY ARE
- 3) WHO DOES SAW AFFECT?
- 4) HOW THEY CAN AFFECT US
- 5) HOW WE CAN OVERCOME SAW

II. Understanding what they are

STRESS

- “Stress is any demand placed on your brain or physical body. People can report feeling stressed when multiple competing demands are placed on them.” (1)
- Can be helpful, necessary
- But may lead to anxiety & worry
- Synonyms: burden, hardship, strain, trouble, pressure

(1) from www.healthline.com/health/stress-and-anxiety

STRESS

Bible examples of stress

- 1) JOB – Job 1:18-19
- 2) DAVID – II Samuel 22:1, 7
- 3) 1ST CENTURY CHRISTIANS – I Cor 7:26-27

In our lives, stress, burdens, troubles, can lead to anxiety & worry

(1) from www.healthline.com/health/stress-and-anxiety

WORRY

American Heritage Dict.: “To feel **uneasy** about some uncertain or threatening matter; be **troubled**”

Vine’s Dict. “MERIMNA...to draw in **different directions, distract**, hence signifies that which causes this, a care, especially an **anxious care...**”

- Synonyms: anxiety, anguish, apprehension, concern, uneasiness

CONCERN vs. WORRY

II Cor 11:28 Paul had deep **concern** for churches

- But Greek word for “concern” is same root as “worry” in Matt 6:25
- Look at context to determine if good/bad

Php 2:19-20 Timothy would care for Philippians

CONCERN vs. WORRY

CHARACTERISTICS OF CONCERN

1. Focused on others
2. Motivates us to serve
3. Promotes constructive action
4. Welcomed by others (usually)
5. Driven by love
6. Goal is to help
7. Strengthens relationships
8. Tempered with faith

CHARACTERISTICS OF WORRY

1. Self-centered
2. Puts up barriers that keep us from serving
3. Often paralyzes us
4. Not welcomed by others
5. Driven by fear
6. Doesn't have a goal
7. Tends to weaken relationships
8. Overwhelms faith with doubt

CONCERN vs. WORRY

One of the most striking differences between these two uses of the word "*merimnah*" is the fact that genuine concern is always focused on others, but worry is not! In fact, worry is one of the most selfish activities that we can engage in.

When genuine concern crosses over the line and becomes worry, it ceases to be motivated by love and instead is motivated by fear. When fear becomes the main motivator, the concern is no longer the well-being of the other person, but rather a desire for control and safety.

In tough times, genuine concern asks, "How can I help you?", but worry asks, "What will I do if something happens to you?" Can you see the shift in focus from "you" to "I"?

III. Who do stress, anxiety & worry (SAW) affect?

...almost everybody



What are things that create stress in our lives?

- KIDS: school, peer pressure, grades, parents
- YOUNG ADULTS: career choices, where to live, who to marry



ADULTS: finances, marital problems, raising children, work

We tend to worry about...

- **The past**
- **The future**

IV. How they can affect us

- It can rob us of...
 - Joy
 - Energy
 - Peace
 - Sleep
 - Health
 - Salvation

It can cause us to...

- Destroy our health
- Lose our salvation
- Mistreat others
- Say things we should not

IV How we can overcome SAW

- STRESS → SIN
- ANXIETY → ASK
- WORRY → WORK

S - SIN

- Luke 10:38-42 Martha worried, troubled
 - Missed important spiritual lesson
- Matt 6:25-34 Jesus used examples to demonstrate God's care for us
 - He cares for us more than plants/animals

Sometimes we have to work hard to meet our physical needs, like this guy ...



...but birds don't worry, do they?

S - SIN

- When you give in to stress, anxiety & worry, you sin
- Matt 6:25-34 Jesus uses the word “worry” or “worrying” 5 times
 - Do NOT worry!!!
 - It’s a command

A - ASK

- Ask God to help you – Php 4:6-7
 - Be anxious for nothing
 - Pray about everything
 - Cast your cares on Him (I Pet 5:6-7)

W - WORK

- Get back to work
- Stress, anxiety & worry can paralyze us
- Do something productive
 - Seek first God's kingdom & righteousness