

The Lord Adds ...



**Those Who Are
NOT ANXIOUS**



Matthew 6:25-34



Stress Test

A background image showing a person's hand holding a pen over a document on a desk in a classroom setting. The person is wearing a blue long-sleeved shirt. The background is slightly blurred, showing other people and desks.

- ① The following slide is a photograph of **Two Identical Dolphins**.
- ② Look closely at both **Dolphins** jumping out of the **water**.
- ③ A scientific study revealed that in spite of the dolphins being identical; **a person suffering from Stress** would find **differences**.
- ④ If many differences are found, **it means the person is Experiencing Stress**.
- ⑤ Look at the photograph and **if you find any differences you may need a Vacation ...**



What Is Anxiety?

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- ① **Distress** about the **future**, whether near or distant, **uncertainties** ...
 - It is characterized by **Mental Uneasiness**.
 - It may be **Mild** or **Severe**.
 - ② It **tears at the soul**, keeps us up at night, consumes our **thoughts**, causes **Stress**.
 - ③ Draws its victims into **sins** that **Distract** them from **their work**.
 - ④ But understand that **Anxiety** is a **direct attack** from **Satan** ...

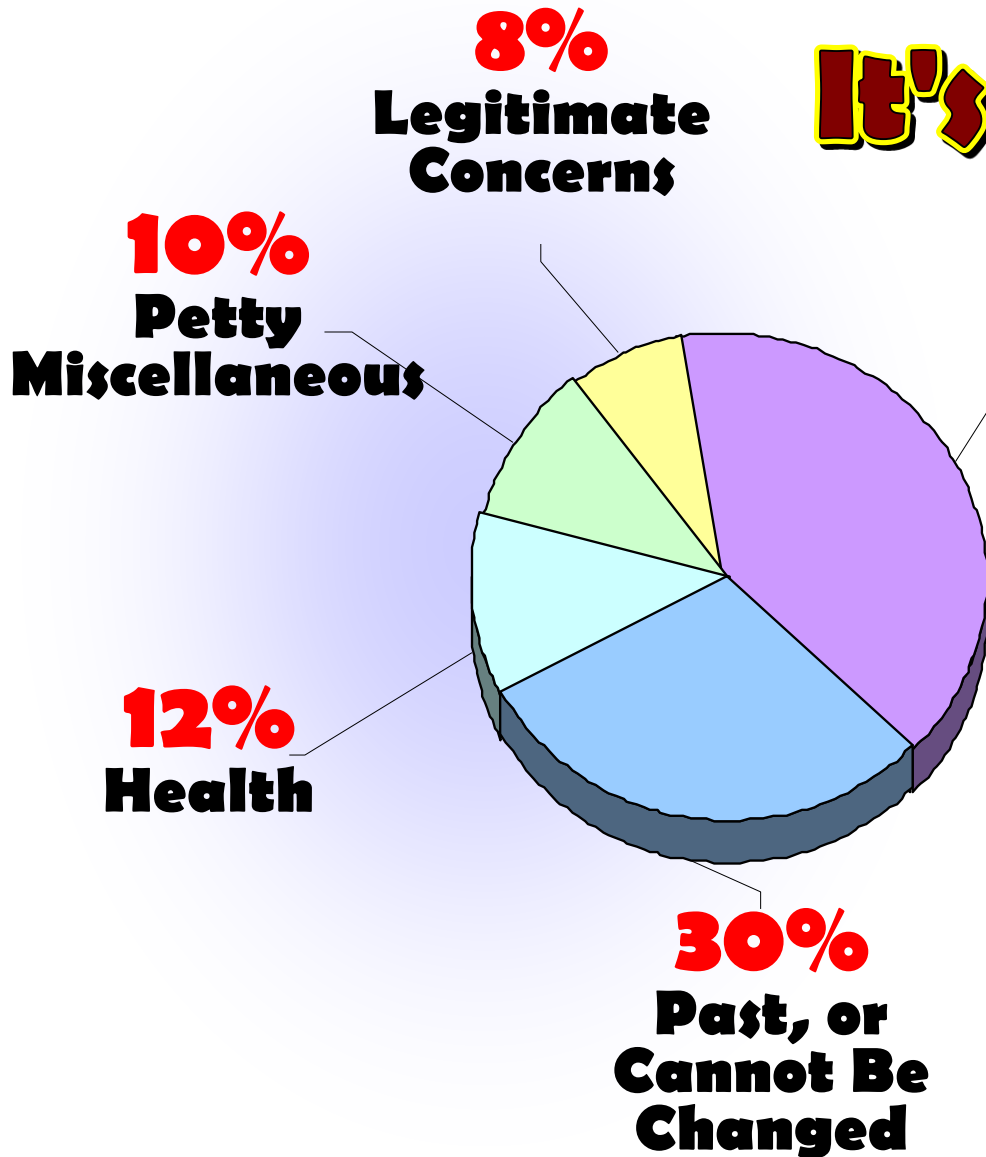
1 Peter 5:8-9

8 Be sober, be vigilant; because your adversary the devil walks about

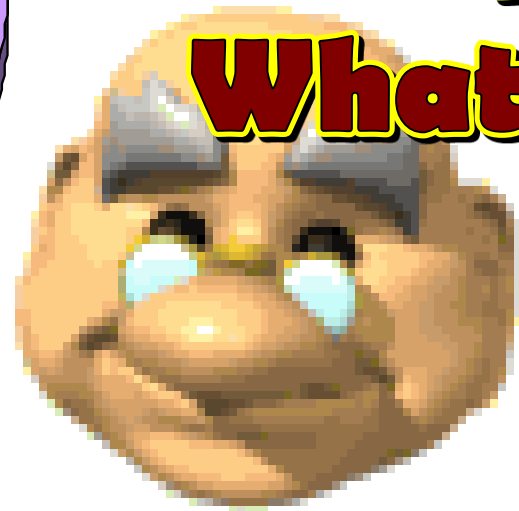
like a roaring lion, seeking whom he may devour.

9 Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

How Big is the Problem?



**It's Easy To Make
More Out
of It,
Then
What It Is**



What Causes Anxiety?



① **Anxiety** is caused by Real or Imagined threats to our well being ...

- We can feel **Vulnerable** and **Unprotected**.
- Feelings of **Rejection, Poverty, Death, Etc ...**

② **Anxiety** has **Three** main elements:

- **Insecurity** ... "Something bad is going to happen."
- **Helplessness** ... "There is nothing I can do."
- **Isolation** ... "There is no one to help me."

③ Interestingly, these operate whether **Individually** or in **Combinations**.

④ **Emotionally**, these things cause just as much **Anxiety** if they are **Imagined** as if they were **Real**.

Dangers With Anxiety?

① Jesus knew beforehand what **Dangers**
Anxiety would **Present** ...



Matthew 6:25-34

25 "Therefore I say to you, **do not worry about your life**, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?

26 "Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

27 "**Which of you by worrying** can add one cubit to his stature?

28 "**So why do you worry** about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;

29 "and yet I say to you that even Solomon in all his glory was not arrayed like one of these.

Matthew 6:25-34

30 "Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?"

31 "**Therefore do not worry**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'"

32 "For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

33 "But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

34 "**Therefore do not worry** about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Dangers With Anxiety?

① Jesus knew beforehand what **Dangers** Anxiety would Present ...

② Consider these **Dangers**:

- It is carnal in nature ... (**Verse 24**).
- Opposes God ... (**Verses 25, 31, 34**).
- Denotes human worth ... (**Verses 26**).
- Futile (vain, useless) ... (**Verses 27**).
- Self-Reliance ... (**Verse 30**).
- Heathenistic ... (**Verse 32**).
- Creates a lack of trust in God ... (**Verse 32**).
- Interferes with Christian duty ... (**Verse 33**).
- Robes one of daily peace ... (**Verse 34**).

③ With this I think we can all see the **Danger** that **Anxiety** presents to our well being!



Overcoming the Problem of ANXIETY

Trust God ...

- ① The best remedy is to deal with the **Causes** of anxiety, and not just the **Symptoms**.
- ② What is the **REAL TRUTH** about **Insecurity, Helplessness,** and **Isolation** with regard to the Christian? - **THINK!**
- ③ While the Christian may sometimes **Feel Alone,** the reality is, **He is NOT ...**



Proverbs 3:23-26

21 My son, let them not depart from your eyes Keep **sound wisdom** and **discretion**;

22 So they will be life to your soul And grace to your neck.

23 Then you will walk safely in your way, And your foot will not stumble.

24 When you lie down, you will not be afraid; Yes, you will lie down and your sleep will be sweet.

25 Do not be afraid of sudden terror, Nor of trouble from the wicked when it comes;

26 **For the LORD will be your confidence, And will keep your foot from being caught.**

Romans 8:35-39

35 Who shall separate us from the love of Christ?

Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

36 As it is written: "For Your sake we are killed all day long; We are accounted as sheep for the slaughter."

37 Yet in all these things we are more than conquerors through Him who loved us.

38 For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come,

39 nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

Hebrews 13:5-6

5 Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you."

6 So we may boldly say: "The

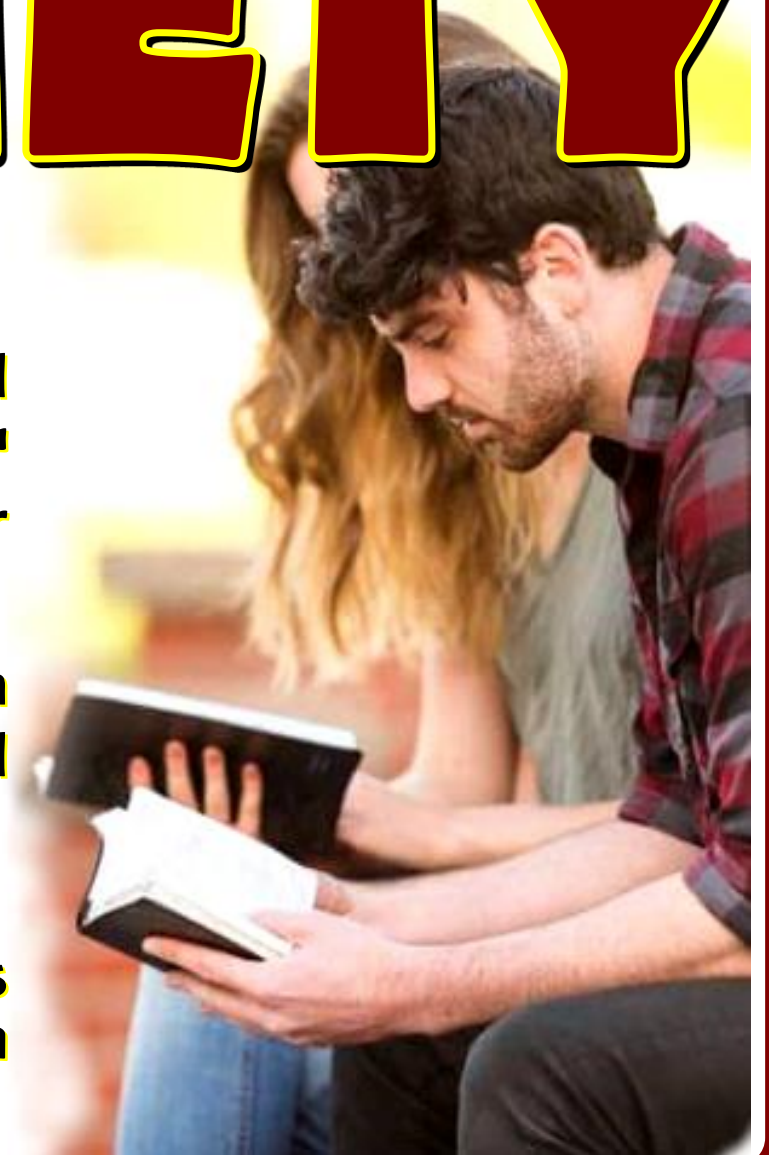
LORD

**is my helper; I will not fear.
What can man do to me?"**

Overcoming the Problem of **ANXIETY**

Bible Study ...

- ① Committing ourselves to God requires that we **Grow In Our Knowledge** of God and love for Him.
- ② The most important thing we can do is **Study, Pray, and Meditate** on God's promises.
- ③ The **Bible** is full of examples that will help us deal with **Anxiety ...**



Romans 15:1-4

1 We then who are strong ought to bear with the scruples of the weak, and not to please ourselves.

2 Let each of us please his neighbor for his good, leading to edification.

3 For even Christ did not please Himself; but as it is written, "The reproaches of those who reproached You fell on Me."

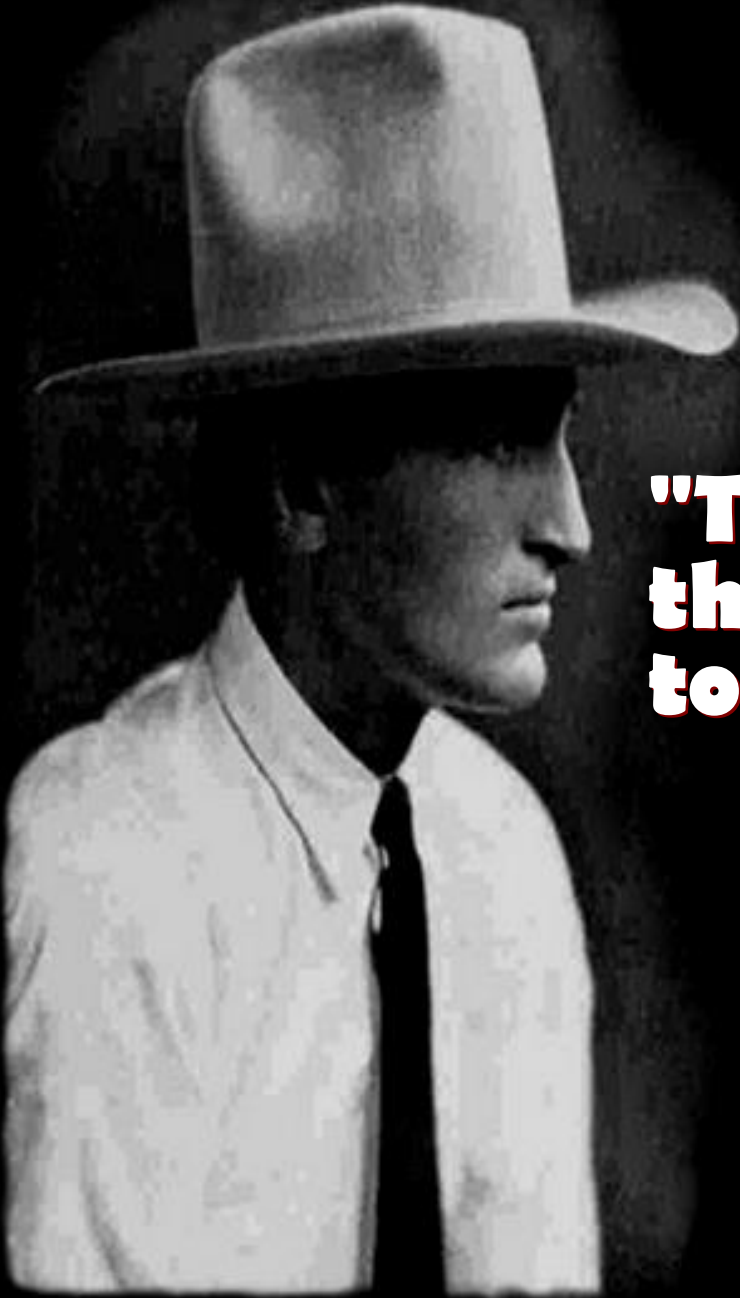
4 For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.

Overcoming the Problem of ANXIETY

Be Realistic ...

- ① Some things will not change and we need to be **Realistic** enough to accept that.
- ② There are some problems that are not going to have a **Solution**, they must simply be lived through or with!
- ③ **Our Peace** does not depend on solving all the problems, righting all the wrongs, removing all the imperfections or getting all we want ...





**"The art of being wise is
the art of knowing what
to overlook."**

- Will James

Ecclesiastes 8:16-17

16 When I applied my heart to know wisdom and to see the business that is done on earth, even though one sees no sleep day or night,

17 then I saw all the work of God, that a man cannot find out the work that is done under the sun. **For though a man labors to discover it, yet he will not find it; moreover, though a wise man attempts to know it, he will not be able to find it.**

Overcoming the Problem of ANXIETY

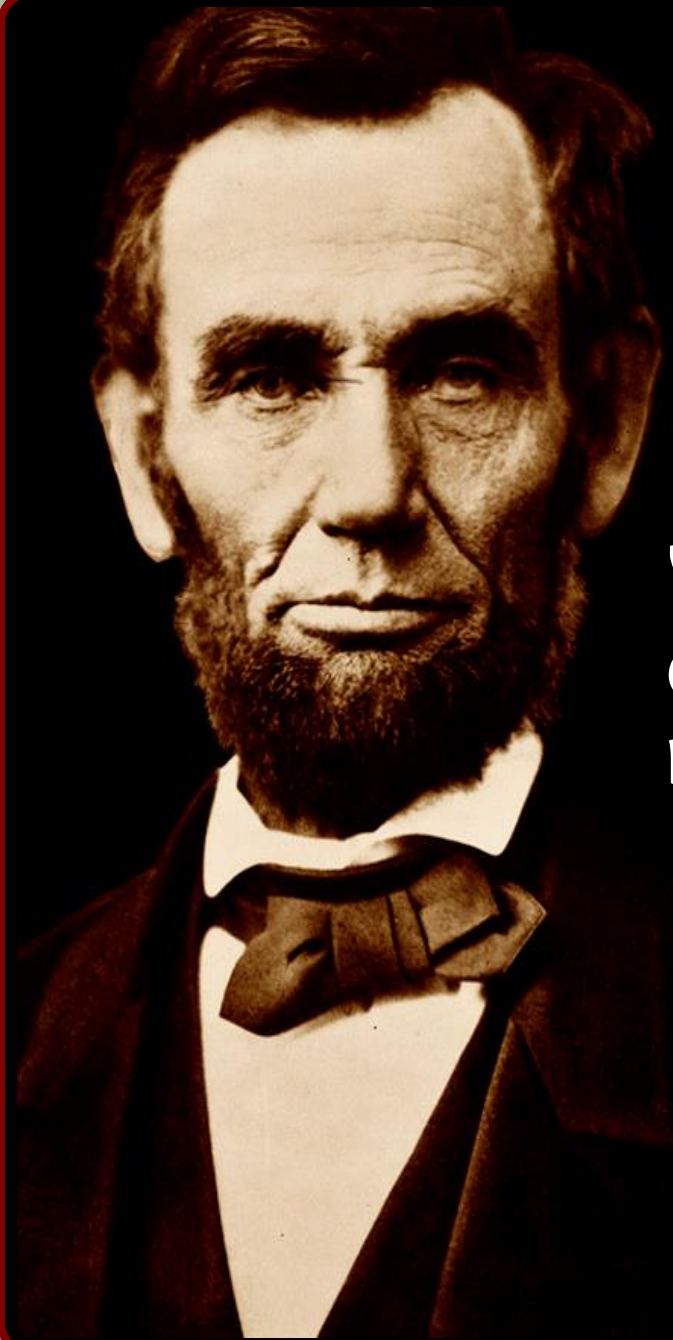
Set Your Mind To ...

① To overcome we must get our **Mind in the Drivers Seat!**

② Once a little girl explained why she was happy one day and not the other: **"Today I pushed my thoughts around, and the other day I let my thoughts push me around."**

③ To deal with Anxiety in our lives, we must **Control Our Thoughts ...**





**"I have been as happy
as I have made up my
mind to be."**

- Abraham Lincoln

II Corinthians 10:4-5

4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds,

5 casting down arguments and every high thing that exalts itself against the knowledge of God,

bringing every

thought into

captivity

to

the obedience of Christ,

Overcoming the Problem of ANXIETY

Be Flexible ...

① **Change is inevitable in life;** we must learn to be **Resilient, Adaptable, and Adjustable.**

② **Yet, there are some Changes we ought to Resist Without Compromise;** wisdom can tell us when to change and when to hold our ground.

③ **But, our Faith must be in Him who Changes Not ...**



Philippians 4:11-13

11 Not that I speak in regard to need, for I have learned in whatever state I am, to be content:

12 I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.

13 I can do all things through

Christ

who strengthens me.

Overcoming the Problem of ANXIETY

Focus On Good Cares ...

① In the Bible, **Cares** can be either **GOOD** or **BAD** ...

BAD ... "Now he who received seed among the thorns is he who hears the word, **and the cares of this world and the deceitfulness of riches choke the word**, and he becomes unfruitful" (Matthew 13:22).

GOOD ... "But he who received seed on the good ground **is he who hears the word and understands it, who indeed bears fruit and produces**: some a hundredfold, some sixty, some thirty" (Matthew 13:23).

② We tend to be more distracted by the **Unimportant Cares** and not enough about the things that **DO** ...



Matthew 6:31-33

31 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'"

32 "For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

33 **"But seek first
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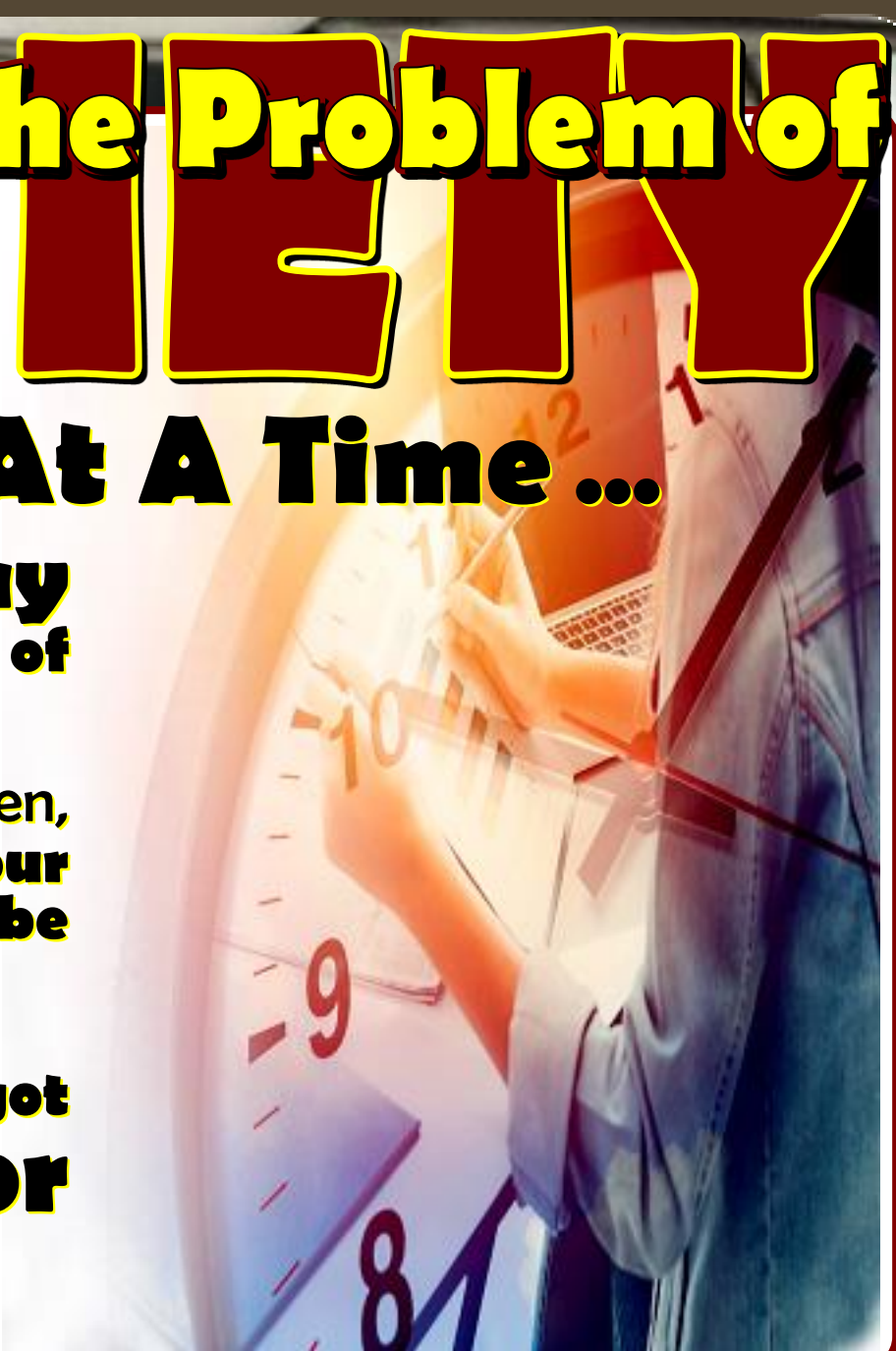
Overcoming the Problem of **ANXIETY**

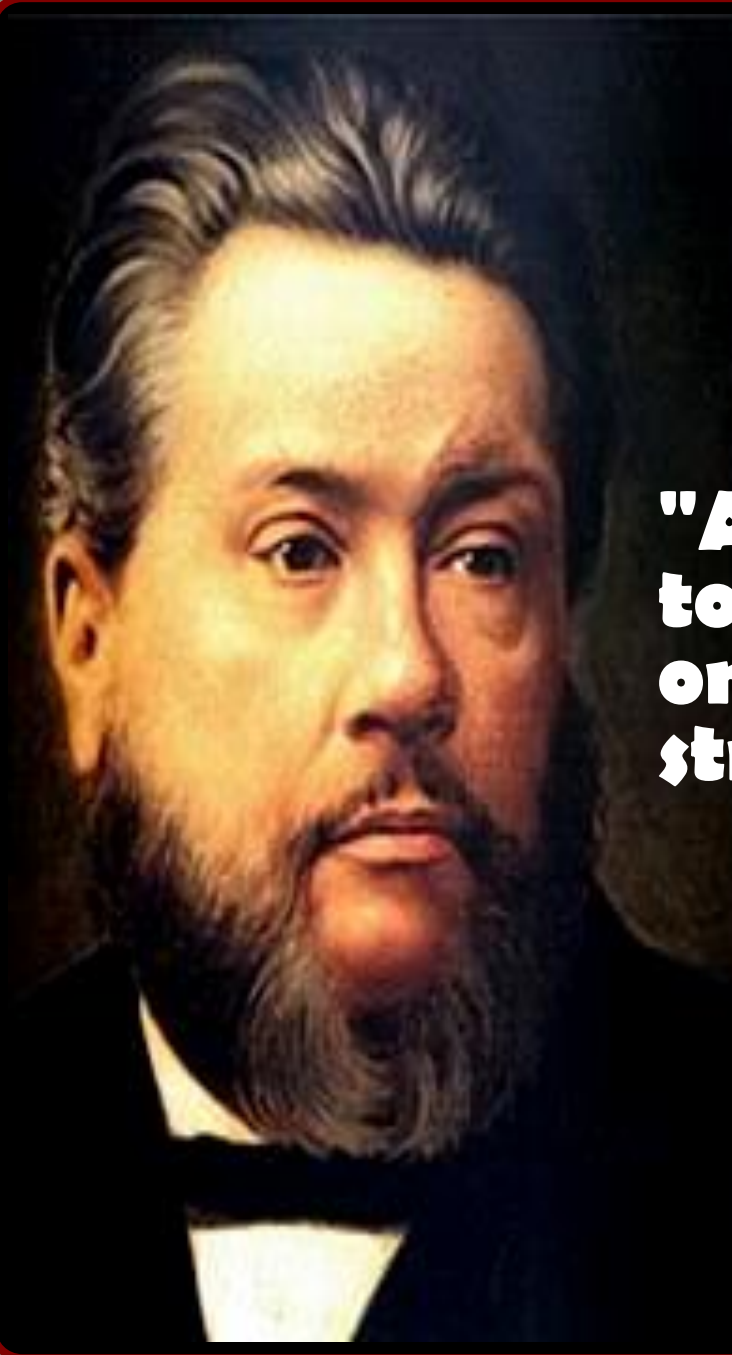
Live One Day At A Time ...

① The proper use of **Today** will diminish the **Anxiety** of tomorrow.

② As we have already seen, **MANY**, if not **MOST**, of our fears will turn out to be **Unfounded**.

② Friends, we have just got learn to **Live For Today ...**



A portrait of Charles Spurgeon, a man with a full beard and mustache, wearing a dark suit and a white shirt with a dark bow tie. He is looking slightly to the right of the camera with a serious expression.

"Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength."

- Charles Spurgeon

A black and white portrait of an elderly man with a receding hairline, wearing a suit and tie. He is looking slightly to the right of the camera with a gentle expression. The background is dark and indistinct.

**"Worry is the interest paid
on trouble before it has
come due."**

- William Ralph Inge

Matthew 6:34

**"Therefore do not
worry about
tomorrow,**

**for tomorrow will worry about
its own things. Sufficient for
the day is its own trouble.**

Overcoming the Problem of ANXIETY

Stay Busy ...

① **Anxiety and Idleness** often go hand-in-hand.

② **GOOD** can be accomplished, even in **BAD** circumstances, **if we will quit concentrating on what cannot be done and DO what we CAN.**

② If we are going to overcome our problems with anxiety, **we must Keep Busy ...**





"Blessed is the person who is too busy to worry in the daytime, and too sleepy to worry at night."

- Leo Aikman

1 Corinthians 15:58

58 Therefore, my beloved brethren,

be steadfast,

immovable,

always abounding in

the work of the Lord,

**knowing that your labor is not
in vain in the Lord.**

Overcoming the Problem of **ANXIETY**

Learn Contentment ...

- ① Anxiety often comes from having **Too Much**, rather than too little.
- ② Our WEALTH depends not so much on what we **Have**, as what we can **Do Without!**
- ③ When a problem produces **Anxiety**, the best thing we can do is bathe it in two things: **Reverence** and **Gratitude ...**



1 Timothy 6:6-8

6 Now godliness with contentment is

great gain.

7 For we brought nothing into this world, and it is certain we can carry nothing out.

8 And having food and clothing, with these we shall be

content.

A photograph of an elderly woman with glasses driving a car. She is wearing a black polka-dot top and a necklace. A small, fluffy brown dog is sitting in the passenger seat. The text is overlaid on the image.

When Feelings of Insecurity, Helplessness, and Isolation Producess Anxiety ...

- ① Trust God ...**
- ② Study Your Bible ...**
- ③ Be Realistic ...**
- ④ Set Your Mind To Overcome ...**
- ⑤ Be Flexible ...**
- ⑥ Focus On Good Cares ...**
- ⑦ Live One Day At A Time ...**
- ⑧ Stay Busy ...**
- ⑨ Learn Contentment ...**

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**We Can
Do
It!**