

SERMON NOTES

SERMON DATE: **Sunday, October 20, 2019 - AM Service**
SERMON TITLE: **When Worries Like Sea Billows Roll**
PREACHER: **PASTOR JEFF MOSS**
BIBLE TEXT: **Matthew 6:25-34**

The essence of anxiety and fear: *the internal overshadows the external.*

The thoughts of "what if" overshadow the reality of "what is".

Unrealistic sense of dread and fear can rob us of joy.

Bible text: Matthew 6:25-34

Don't be anxious but trust the Lord.

2 Types of 'Worry':

1. Good worries: more like a concern
2. Bad worries: totally self-focused

It is this self-focused anxiety and worry that Jesus confronts and rebukes.

The Realm of Anxiety (Matt 6:25-29)

1. The result of seeking worldly treasure
2. The result of having your vision blinded by money
3. The result of serving the god of Mammon is .. **worry and anxiety**

COMPARE

1. The result of seeking treasures in heaven
2. The result of having clear vision of eternity
3. The result of rejecting the idol of Mammon and trusting in a better Master is .. **peace**

Worry cannot co-exist with faith.

STATISTICS:

Statistics are that an average person's anxiety is focused on:

40%	things that will never happen
30%	things about the past that can't be changed
12%	things about criticism by others, mostly untrue
10%	about health, which gets worse with stress
8%	about real problems that will be faced

The more things you have, the more complex your life will be.

The more complex your life is, the more reason to worry.

The gospel of Jesus brings simplicity.

Single-mindedness to Jesus equals more, *not less*, simplicity.

"Materialism is the mother of anxiety... People lay up treasures on earth rather than in heaven not only because of greed and selfishness, but also because of fear and insecurity. Yet putting hope in earthly treasures does nothing but multiply anxiety. Why? Because earthly treasures are so temporary and uncertain." – Randy Alcorn

The Realms of Worry

3 Areas of Worry:

1. Anxiety about **the body**
2. Anxiety about **food**
3. Anxiety about **clothes**

Could it be that the reason for at least some of the anxiety in the world is because of all the complexity of our lives?

Could there be a connection between possessions and anxiety?

The Root of Anxiety

Matthew 6:30 – the root of anxiety is...**unbelief**.

Anxiety is connected to "little faith"

The root of anxiety comes from unbelief in God.

The Remedy for Anxiety

Text: Matthew 6:31-34

The remedy for anxiety: Matthew 6:33 – to think about and be preoccupied with **the coming Kingdom**.

Our number one priority: to seek first His kingdom and righteousness

"The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety." – George Muller

"Let us give up our work, our plans, ourselves, our lives, our loved ones, our influence, our all, right into [God's] hand; and then, when we have given all over to Him, there will be nothing left for us to be troubled about." – Hudson Taylor, missionary to China/founder of Overseas Missionary Fellowship

We are not promised freedom from trouble but we are promised that if we trust Him for the needs, God will provide.