

Understanding Worry

I. The Content of Worry (Psalm 139:23) David ask God to reveal David's anxious thoughts. In the context of this passage anxious means worry. To know what God would reveal in David we need to know what worry is.

- A. Worry can be defined as disturbing or disquieting thoughts of the mind due to preoccupation with the possibility of not getting something you want or need that is very important to you from this world below and in this world below.
- B. Worry can defined as disturbing or disquieting thoughts of the mind due to preoccupation with the possibility of losing something you want or need that is very important to you from this world below and in this world below.
- C. Worry can defined as disturbing or disquieting thoughts of the mind due to preoccupation with the possibility of getting something you do not want or need that is important to you from this world below and in this world below.
- D. In essence worry is the fear of not getting something you want or need, the fear losing something you want or need, or the fear of getting something you don't want or need as a result of being consumed and controlled by these things that are very important to you from this world below and in this world below.

II. The Cause of Worry (Luke 10:38-42): Jesus challenged Martha about her worry. Martha exposes to us what causes worry.

- A. Worry is caused by reducing life to what you want and what you think you need from this world below and in this world below resulting in the fear of not getting something you want or need, the fear losing something you want or need, or the fear of getting something you don't want or need from this world below and in this world below.
- B. Worry is caused by trying to control the good and bad that God controls in your life, instead of enjoying and enduring what God ordains in your life. This results in the fear of not getting something you want or need, the fear of losing something you want or need, or the fear of getting something you don't want or need from this world below and in this world below.
- C. Worry is caused by trusting one's own knowledge or past experience and evaluating things according to that knowledge or past experience without considering or acting on God's Word; This results in the fear of not getting something you want or need, the fear of losing something you want or need, or the fear of getting something you don't want or need from this world below and in this world below.

- D. In essence, worry is caused by one's interpretation of a situation apart from trusting God's sovereignty, sufficiency, or wisdom resulting in preoccupation with your own cares, own riches, personal standards or past experiences.

III. The Characteristics of Worry (Proverbs 12:25): Worry can create a heavy burden in one's heart. When something has become a heavy burden in your life it controls and consumes you. For example:

- A. Sometimes when you worry, you are controlled and consumed with the outcome of situations/circumstances causing your heart to be loaded down with this burden.
- B. Sometimes when you worry, you are controlled and consumed with the responses and reactions of people causing your heart to be loaded down with this burden.
- C. Sometimes when you worry, you are controlled and consumed with the losing or gaining of the needs or wants of life causing your heart to be loaded down with this burden.
- D. In essence, when you worry, you are controlled and consumed with things you can't keep from happening or things you can't cause to happen resulting in your heart being loaded down with this burden. (This can lead to irresponsibility in the things you can control.)

IV. The Counteractions to Worry

- A. Identify the fears that have consumed your time.
- B. Identify the desires behind the fears (behind every fear there is a desire for (something ex. Fear of rejection = Desire for approval).
- C. Identify the people, places, things, and situations you believe are the source and the solution to your needs, desires, and problems.
- D. Confess and repent of trying to control the uncontrollable (Job 38-42, Proverbs 28:13-14)
- E. Confess and repent of making people, places, and outcome of events idols of your Heart (Ezekiel 14:1-11).
- F. Study, learn and accept the sovereignty of God in all things (Ecclesiastes 3:1-11, 7:13-14, 9:1, 11:5, Colossians 1:15-17).