

Faith Problems:

Community Group Questions

1. *What is your biggest worry?*
2. *How have you handled worry in the past?*
3. *What are some things that you need to do to deal with your worry?*
4. *Why do you think you worry?*

Hebrew 11:1 says Now **faith** is the assurance of things hoped for, the conviction of things not seen.

So in other words your faith is “a confidence that what you believe is true and you feel so attached to that it impacts the way you live”

So a “Faith Problem” is something that is standing in the way of you believing in a truth or acting on that belief.

The faith problem we will look at today is...

Anxiety- a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome:

According to the *Anxiety and Depression Association of America*- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older (18% of U.S. population). Anxiety disorders are highly treatable, yet only about one-third of those suffering receive treatment.

This is not what I am talking about today, I will talk about anxiety that is more commonly known as worry. If you are dealing with anxiety as a mental illness these things will be helpful but you may need to see a doctor as well.

But did you know men and women worry about different things? According to Albert Einstein. *“Women always worry about the things that men forget and men always worry about the things women remember”*

For those of us that do not have an anxiety disorder we need to be mindful that we can be damaging your health by worrying...*Web MD Excessive worry or ongoing fear or anxiety is harmful when it becomes so irrational that you can't focus on reality or think clearly. People with high anxiety have difficulty shaking their worries. When that happens, they may experience actual physical symptoms.*

Proverbs 12:25 "Anxiety in a person's heart weighs him down, but a good word makes him glad."

I want to teach the "good words" of Jesus to those of us that may struggle with worry. Jesus dealt with this issue head on and in Matt 6:25-34 He gave us what I am going to call.

Six Reasons Not To Worry:

Before we get into to the text I want you to ask yourself, what do you worry about?

6:25-26-God cares about the details

Jesus starts by telling us not to worry about food or clothing or the work that is involved in acquiring those things. He takes care of the birds of the air. Don't be confused by this but understand that Jesus is saying He cares about the details of our lives.

The same God who created you and saved you can be trusted with the details of your life.

God cared enough to create you, He also cared enough to save you
GOSPEL He does care about the details of your life.

Often times we worry because we have this idea that God is far off and does not care about the day in and day out details of our lives, but that is not true and when we admit that it gives us a reason not to worry. We can have confidence that God is working to make sure our needs are met, that God is working to make sure we are taken care of.

So God does care if you are unhappy, struggling at work, having a difficult time parenting, what your grades are like, if your marriage is on the rocks, if you are not married and want to be.

Matthew 10:30 But even the hairs of your head are all numbered.

So what do we do?

1 Peter 5:7 Casting all your anxieties on him, because he cares for you.

6:27-Worry is a waste of time Worrying is more harmful than helpful.

Some people fall into the trap of thinking “I only worry because I care” It may be true that you do care but what Jesus is telling us is that it is not helpful and it is actually a waste of time.

Someone once said “I remember the old man who said he had had a great many troubles in his life, but the worst of them never happened”.

What that reminds us of is by worrying we actually create problems for ourselves that never existed.

So what do we do? If there really is a problem or something to worry about we should...Problem solve, is there anything I can do to help this go away and if the answer to that is “no” then stop wasting your time.

6:28-30a-God provides for those that trust Him. Jesus now asks a question...Interestingly enough Jesus points to the flowers and grass and says look how beautiful God made them why do you worry about God providing your basic needs of clothing to wear?

But really why do you worry? Because we don't like uncertainty, we like control, we like to know the outcome, we like to be in charge.

What do we do?

Psalm 55:22 Cast your burden on the LORD, and he will sustain you;
-Accept uncertainty, accept that He is in control and we are not

6:30b-32-Worry displays a lack of faith and understanding of God. Worry is not the opposite of faith it is something that stands in the way of us having a vibrant faith. Notice he says the “Gentiles seek after these things” that is Jesus saying that is what people who do not have faith focus on

Ralph Waldo Emerson said “Sorrow looks back, Worry looks around, Faith looks up”

How do we look up? Manage worry through prayer *Phil 4:6-7 “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”*

6:33-Worry keeps us from our purpose in life. The idea taught here by Jesus is when our focus is right which is a heavenward focus, the rest of our life falls into place.

The chief purpose of all people is to bring glory to God, this is an impossible task if we spend time worrying. *H.A. Ironsides said “We would worry less if we praised more”*

Our main problem when we worry is that we are focusing on ourselves rather than focusing on God and His kingdom.

So what do we need to do? Focus on Jesus and not everything else.

6:34-Worry will not let us live for today. Living one day at a time keeps us from being consumed with worry. *Corrie ten Boom said*

“Worry does not empty tomorrow of its sorrow, it empties today of its strength.”

Right from Jesus we have 6 reasons not to worry.