

“WASTED TIME AND ENERGY”

WORRY & ANXIETY:

- Whenever we worry or become anxious, we are wasting our time and energy. Worry is borne out of fear.
 - God commands us to not be afraid.
- The Bible tells us that we should not worry about anything (Phil. 4:6).
- Worry/anxiety – *mental distress, uneasiness or agitation resulting from concern usually for something impending or anticipated. Self doubt about one’s capacity to cope.*
- Worry is sin. When we worry we are saying, “God I don’t trust you”.
 - Worry robs us of life (Pr. 12:25).
 - Worry robs us of God’s peace (Phil. 4:7).
 - Worry robs us of being close to God (1Jn. 4:18).

WHY DO WE WORRY?

- Because life is full of problems , conflicts, threats and unknowns.
- Because we want to control and/or predict the future of our life and the lives of others (Matt 6:25-34).
 - We want security and guarantees.
- Because we have something to hide and fear exposure.
- Because we have unfinished business with God and others.
- It is so “natural” to do, that we are often unaware we are worrying (Ps. 139:23).

WHAT TO DO ABOUT WORRY:

- Turn your worries into opportunities;
 - It is an opportunity to turn to God in prayer (Phil. 4:6).
 - It is an opportunity to focus on Who God is (1Pe. 5:7).

- What is God's perspective of your circumstances? "Never, ever determine the truth of a situation by looking at the circumstances" (Blackaby).
- It is an opportunity to grow in trusting God.
- It is an opportunity to be thankful as opposed to worried, anxious, complaining or depressed.
- It is an opportunity to seek for God's course of action (Mt. 6:31-33).
 - What are my responsibilities before God and what am I not responsible for?
- It is an opportunity to experience God's peace beyond our human understanding (Phi. 4:7).

DON'T WASTE YOUR TIME & ENERGY:

- Turn every potential worry and anxiety into prayer and thanksgiving.
- Jesus has the answer and is the answer for every situation that tempts you to worry and become anxious (Jn. 16:33).