

Sharpen Your Faith



Worry and Contentment

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Worry

- “worry”: (greek) *merimnao*
 - to have anxiety, be anxious, be (unduly) concerned
 - to be drawn apart
- It means to have a divided mind!! This is how we become ineffective.
- It is a distracting of the mind so that proper attention cannot be given to anything.





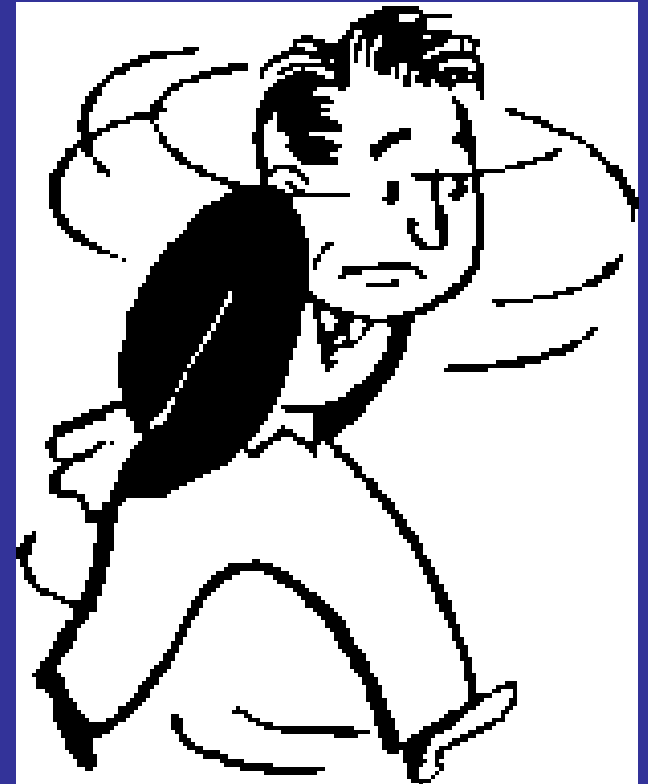
“Worry doesn’t empty tomorrow of its sorrows, it empties today of its strength.”

—Corrie Ten Boom

Worry and Anxiety

- Anxiety is a sin (see Philippians 4:6-7).
- Anxiety steals joy from the Christian.
- Anxiety can become a stronghold in our life.

What often happens if anxiety comes into our imagination?



Changing Worry Thinking



Luke 12:22-28

- Jesus emphasizes that worry is futile and illogical.
- What is really important is life, not the things.
- Jesus is really saying that worry wastefully dissipates energy while it could be directed to constructive ends.

Negative Effects of Worry

1. *Feelings of inadequacy (self-pity)*
2. *Concerned about what other think*
3. *Disrupts productivity*
4. *False sense of security*
5. *Wrecks fellowship (lose patience)*
6. *Physical health problems*
7. *Consumes thoughts (selfishness)*
8. *Miss out on God's blessings*
9. *Reduces our trust in God*



Changing the Worrying Heart

- Worry does not fit Christians because God is sovereign and meets their needs.
- When our focus is on God, our priorities change. We get God's perspective on what really matters.
- We gain assurance that God will meet our needs if we follow His will.
- When God does meet our needs, we realize that all things come from Him.



Luke 12:29-31

Taking Action

- Giving away possessions is an action step to demonstrate faith and that God will meet our needs.
- It doesn't take an ounce of faith if everything is safe in your life!! You have to risk to demonstrate faith.
- Read Matthew 6:33-34.
- Don't put any effort into tomorrow yet. Be productive today.



Luke 12:32-34

What Instead of Worry?



- Living one day at a time keeps us from being consumed with worry.
- Be concerned since this takes us to action. It is a genuine sense of responsibility.
- Planning shows that we don't want to worry but instead have faith God is going to do something in our life.



“You prioritize God first, and God takes care of the circumstances.”

—Dr. Charles Stanley

Contentment



- The ability to cope with the circumstances of life.
- The sense of sufficiency in God.
- The overflow of what God does in the human heart.

The Root of Contentment

Where is contentment commanded?

- The tenth commandment. (Exodus 20:17)
- We need to find our contentment in God not possessions.
- Coveting is more than wanting, it is resenting what God has given to you.



Contentment In Practice

How can we be content regarding possessions?
(1 Timothy 6:6-10)

- Our riches of this world will pass away.
- We are content because God provides our needs.
- Watch yourself, don't fall into the rich temptation.



The Secret of Contentment

Philippians 4:10-13

† The secret of contentment is drawing on Christ's Power, understanding God's promises, and realizing God knows what's best.



Weekly Sharpening Session

Write something down on a notecard that you usually worry about. Also write down how God is sovereign over that situation. Please bring it to class next time and we will read them.

