

GOD'S MESSAGE IN YOUR EMOTIONS
Tracing Emotional Pain to Victorious Living

WHEN ANXIETY ATTACKS

Matthew 6:24-34 Jeff Schreve

*For this reason I say to you, do not be anxious for your life ...
Matthew 6:25*

Anxiety/Worry: the tension and distress experienced over the anticipated loss of some valued possession.

Q. What is God's message in the emotion of anxiety?

A. Your possessions and sense of security are on fire.

How can you silence the smoke alarm of worry and anxiety?

1. Trust God to take care of you.

*Look at the birds of the air, that they do not sow, neither do they reap,
nor gather into barns, and yet your heavenly Father feeds them.
Are you not worth much more than they? Matthew 6:26*

A. Worry is the opposite of faith.

And whatever is not from faith is sin. Romans 14:23

B. Worry says, "God, I don't believe you are aware."

*You know when I sit down and when I rise up; You understand my
thought from afar. You scrutinize my path and my lying down, And
are intimately acquainted with all my ways. Even before there is a
word on my tongue, Behold, O Lord, You know it all. Psalm 139:2-5*

C. Worry says, "God, I don't believe you are willing."

*And behold, a leper came to Him, and bowed down to Him, saying,
"Lord, if You are willing, You can make me clean." And He stretched
out His hand and touched him, saying, "I am willing; be cleansed."
And immediately his leprosy was cleansed. Matthew 8:2-3*

D. Worry says, “God, I don’t believe you are able.”

Behold, I am the Lord, the God of all flesh; is anything too difficult for Me? Jeremiah 32:27

2. Give God ownership of all you possess.

A. God owns everything.

The earth is the LORD’S and all it contains. Psalm 24:1

B. God allows you and me to manage His possessions.

For it is just like a man about to go on a journey, who called his own slaves, and entrusted his possessions to them. Matthew 25:14

3. Seek God first in your life.

But seek first His kingdom and His righteousness; and all these things shall be added to you. Matthew 6:33

A. Seek Him continually.

Seek the LORD and His strength; seek His face continually. Psalm 105:4

B. Serve Him one day at a time.

Therefore do not be anxious for tomorrow; for tomorrow will care for itself. Matthew 6:34

C. Enthroned Him as your one and only master.

No one can serve two masters. Matthew 6:24

Are you willing to let the Prince of Peace reign in you?