



Growing by Facing Life's Anxieties

GOD'S INGREDIENTS FOR GROWTH #7 NOAH LARGENT 7/27/13

Forgiveness
Humility
Authenticity
Community
Service
Grace
His Word

God's Ingredients For Growth

6Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. -*Phili. 4:6-7*

ANXIETY: Whatever causes you to worry, stress or feel uneasy about life or the future.

Illustration: "Movie Stand by Me" -If you're on train tracks and you sense a train coming the feeling of anxiety is a good thing, If it gets you to move off the tracks! Keep in Mind: *Not all* anxiety is bad for you!

#1 Finances

- ❖ Retirement/Saving
- ❖ Relational Conflict on Spending/Saving.
- ❖ Giving

Antidote #1: Prayer

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"Anxiety: is simply living out the future before it gets here."

- "Just Do Something", by Kevin DeYoung pg.47



7Cast all your anxiety on him because he cares for you. -1 Peter 5:7

#2 Family

- ❖ Children
- ❖ Spouse
- ❖ Belonging/Acceptance

Antidote #2: Focusing on TODAY!

25Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27And which of you by being anxious can add a single hour to his span of life? 28And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. *Sufficient for the day is its own trouble.*

Anxiety #3 Future

- ❖ College/?Marriage
- ❖ Uncertainties related to work.
- ❖ Making significant life change.

"Worrying is carrying tomorrow's load with today's strength—carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn't empty tomorrow of its sorrow, it empties today of its strength." -Corrie ten Boom

23if you are offering your gift at the altar and there remember that your brother or sister has something against you, 24leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. -*Matthew 5:23&24*

Antidote #3: Address Unresolved Issues

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