

SCARED SPITLESS

ESCAPING THE GRIP OF
PARALYZING FEAR

Part 3: The Fear of "What If"
Pastor Grant Fishbook
September 27 & 28, 2008

Last week's question: "Where is your faith?" - Luke 8:25

This week's context: Your faith should never be placed in people or stuff! (Matthew 6:19-22)

***Worry is the direct result of a belief
that God is not trustworthy.***

When I am besieged by worry, I must:

- Exchange pressure for perspective

Matthew 6:25-32

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?"

"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them.

- Exchange terror for trust

Matthew 6:33-34

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Trusting in God is based on His eternal track record, His daily faithfulness and His promises for the future.

(Continues on back)

- Exchange panic for prayer

Philippians 4:6-7

Do not be anxious about anything, but in everything, by prayer and petition...

- Exchange worry for worship

...with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Worry

Lives in the ambiguity of "what if?"

Brings turmoil

Drives us away from God

Changes nothing

Trust

Lives in the reality of "what will be"

Brings peace

Drives us towards God

Changes me

Next Steps:

Participate daily in the "Divine Exchange" this week

Receive prayer from the After Service Care Team

Register for the Fear and Anxiety Workshop – Sat., Oct. 18 • 9 AM - 1 PM

Small Group Luncheon – This Sunday, September 28 • 1 PM

On your way home:

What are you worrying about right now? Confess it to God and ask for His wisdom in turning your worry into godly action.

Small Group Discussion Questions



1. What are the most troubling world events that are causing you worry or concern right now? What is your spiritual response to these events?
2. How can people tell if you are worried? What physical reactions occur?
3. Can anything good come out of worry? Why are we so prone to commit this sin? How does worry reflect on our view of God?
4. Which of the four exchanges will have the most effect on you being able to worry less and trust more?
5. How can we pray for you tonight?