

THEN JESUS SAID TO HIS DISCIPLES: "THEREFORE I TELL YOU, DO NOT WORRY ABOUT YOUR LIFE, WHAT YOU WILL EAT; OR ABOUT YOUR BODY, WHAT YOU WILL WEAR. FOR LIFE IS MORE THAN FOOD, AND THE BODY MORE THAN CLOTHES. CONSIDER THE RAVENS: THEY DO NOT SOW OR REAP, THEY HAVE NO STOREROOM OR BARN; YET GOD FEEDS THEM. AND HOW MUCH MORE VALUABLE YOU ARE THAN

LUKE 12:22-34

BIRDS! WHO OF YOU BY WORRYING CAN ADD A SINGLE HOUR TO YOUR LIFE? SINCE YOU CANNOT DO THIS VERY LITTLE THING, WHY DO YOU WORRY ABOUT THE REST? CONSIDER HOW THE WILD FLOWERS GROW. THEY DO NOT LABOR OR SPIN. YET I TELL YOU, NOT EVEN SOLOMON IN ALL HIS SPLENDOR WAS DRESSED LIKE ONE OF THESE. IF THAT IS HOW GOD CLOTHES THE GRASS OF THE

LUKE 12:22-34

FIELD, WHICH IS HERE TODAY, AND TOMORROW IS
THROWN INTO THE FIRE, HOW MUCH MORE WILL HE
CLOTHE YOU—YOU OF LITTLE FAITH! AND DO NOT
SET YOUR HEART ON WHAT YOU WILL EAT OR
DRINK; DO NOT WORRY ABOUT IT. FOR THE PAGAN
WORLD RUNS AFTER ALL SUCH THINGS, AND YOUR
FATHER KNOWS THAT YOU NEED THEM. BUT SEEK
HIS KINGDOM, AND THESE THINGS WILL BE GIVEN

LUKE 12:22-34

TO YOU AS WELL. DO NOT BE AFRAID, LITTLE FLOCK,
FOR YOUR FATHER HAS BEEN PLEASED TO GIVE YOU
THE KINGDOM. SELL YOUR POSSESSIONS AND GIVE
TO THE POOR. PROVIDE PURSES FOR YOURSELVES
THAT WILL NOT WEAR OUT, A TREASURE IN
HEAVEN THAT WILL NEVER FAIL, WHERE NO THIEF
COMES NEAR AND NO MOTH DESTROYS. FOR

LUKE 12:22-34

WHERE YOUR TREASURE IS, THERE YOUR HEART
WILL BE ALSO.

LUKE 12:22-34



**Overcoming Seven
Enemies of the Soul**



Killjoys

...THE AVERAGE HIGH SCHOOL KID TODAY HAS
THE SAME LEVEL OF ANXIETY AS THE AVERAGE
PSYCHIATRIC PATIENT IN THE EARLY 1950S.

ROBERT LEAHY, PSYCHOLOGIST





ANXIETY IS ALWAYS
AT LEAST SPIRITUAL.





LUKE 12

V. 22-34





THE PROBLEMS WITH ANXIETY



LUKE 12

V. 22-34



THE PROBLEMS WITH ANXIETY

- IT TRUNCATES LIFE



LUKE 12

V. 22-34



THE PROBLEMS WITH ANXIETY

- IT TRUNCATES LIFE
- IT IGNORES GOD



THE PROBLEMS WITH ANXIETY

- IT TRUNCATES LIFE
- IT IGNORES GOD
- IT IS INEFFECTIVE



LUKE 12

V. 22-34



I AM AN OLD MAN AND HAVE KNOWN A GREAT
MANY TROUBLES, BUT MOST OF THEM **NEVER**
HAPPENED.

MARK TWAIN





Killjoys

- REAL, LEGITIMATE CONCERNS: 8%
- HEALTH-RELATED CONCERNS: 12%
- PETTY, MISCELLANEOUS CONCERNS: 10%
- **THINGS THAT HAPPENED IN THE PAST AND CAN'T BE CHANGED: 30%**
- **FUTURE THINGS THAT NEVER HAPPENED: 40%**



**WORRY NEVER ROBBS TOMORROW OF ITS
SORROW, BUT ONLY SAPS TODAY OF ITS
STRENGTH.**

A.J. CRONIN





THE PROBLEMS WITH ANXIETY

- IT TRUNCATES LIFE
- IT IGNORES GOD
- IT IS INEFFECTIVE



THE SOURCE OF ANXIETY



LUKE 12

V. 22-34



“WHY?”





Killjoys

THE RESPONSE OF ANXIETY



REJOICE IN THE LORD ALWAYS; AGAIN I WILL SAY, REJOICE. LET YOUR REASONABLENESS BE KNOWN TO EVERYONE. THE LORD IS AT HAND; DO NOT BE ANXIOUS ABOUT ANYTHING BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING LET YOUR REQUESTS BE MADE KNOWN TO GOD. AND THE PEACE OF

PHILIPPIANS 4:6-7



GOD, WHICH SURPASSES ALL UNDERSTANDING,
WILL GUARD YOUR HEARTS AND YOUR MINDS
IN CHRIST JESUS.

PHILIPPIANS 4:6-7



TWO WAYS TO RESPOND:



TWO WAYS TO RESPOND:

- PRESENT YOUR REQUESTS TO GOD



TWO WAYS TO RESPOND:

- PRESENT YOUR REQUESTS TO GOD
- MAKE GRATITUDE A REGULAR PRACTICE





Killjoys

HE WHO DID NOT SPARE HIS OWN SON BUT
GAVE HIM UP FOR US ALL, HOW WILL HE NOT
ALSO, ALONG WITH HIM, GRACIOUSLY GIVE US
ALL THINGS?

ROMANS 8:32



