

Worry#2

"Fear Not" - Jesus' Most Common Command (15 times in the 4 Gospels)

Worry

NT:3309 merimnaoo, merimnoo

- a. to be anxious; to be troubled with cares: absolutely, Matt 6:27,31
- b. to care for, look out for (a thing); to seek to promote one's interests, Matt 6:34

Fear

NT:5399 fobeoo, foboo:

to terrify, frighten,
to put to flight by terrifying

1. to be put to flight, to flee
2. to fear, be afraid; Matt 10:31
3. to reverence, venerate, to treat with deference or reverential obedience: Mark 6:20

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What do we typically fear?

**Pain --- Death --- Failure --- Humiliation/Embarrassment --- Rejection ---
Abandonment/Loneliness --- Boredom**

How do these fears frequently manifest themselves?

**Fear of flying --- claustrophobia --- fear of public speaking --- fear of
interviews/exams --- social fears --- medical & dental fears --- fear of illness & death
--- fear of insects/ wasps/snakes --- fear of animals --- fear of thunder --- fear of
crossing bridges --- fear of car travel --- fear of heights & ladders --- fear of water ---
performance anxiety**

How does the Bible address worry and fear?

(Scriptures are from the NIV)

Psalms 55:22

**22 Cast your cares on the LORD
and he will sustain you;
he will never let the righteous fall.**

Proverbs 16:3

**3 Commit to the LORD whatever you do,
and your plans will succeed.**

Proverbs 14:26-27

**26 He who fears the LORD has a secure fortress,
and for his children it will be a refuge.
27 The fear of the LORD is a fountain of life,
turning a man from the snares of death.**

Jeremiah 17:7-8

7 "But blessed is the man who trusts in the LORD,
whose confidence is in him.
8 He will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.
It has no worries in a year of drought
and never fails to bear fruit."

Matthew 6:26-34

26 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? 27 Who of you by worrying can add a single hour to his life?
28 "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 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? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Luke 12:22-32

22 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. 23 Life is more than food, and the body more than clothes. 24 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 birds! 25 Who of you by worrying can add a single hour to his life? 26 Since you cannot do this very little thing, why do you worry about the rest? 27 "Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. 28 If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith! 29 And do not set your heart on what you will eat or drink; do not worry about it. 30 For the pagan world runs after all such things, and your Father knows that you need them. 31 But seek his kingdom, and these things will be given to you as well. 32 "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.

Philippians 4:6-7

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

Hebrews 13:5

5 Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

1 Peter 5:6-7

6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you.

**Remember the 4 Ps of good theology:*

God is perfect; He is powerful; He is paying attention; He is passionate about you.

