



# OVERCOMING ANXIETY

## PART 1

Aug 2, 2020

### Matthew 6:19-24 (ESV)

<sup>19</sup> “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, <sup>20</sup> but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. <sup>21</sup> For where your treasure is, there your heart will be also.

<sup>22</sup> “The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, <sup>23</sup> but

if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

<sup>24</sup> “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

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## Introduction

“Anxiety. It’s being called the disease of the 21st century. Everybody is either afflicted—or knows someone who is. According to the World Health Organization, disorders related to dread are the most prevalent mental illness on the globe at the moment. Some of us shriek at spiders, others have panic attacks that flare up out of nowhere and mimic the symptoms of heart failure, still others worry excessively about everything and nothing—violent crime, cancer, black bears, tornadoes: fear is a condition in search of a cause.” (*Age of Anxiety* — CBC)

**Since anxiety comes from making unwise choices about three basic laws of human nature we must make wise kingdom informed decisions.**

**LAW #1** | Every human being is an investor seeking security for the future

Matthew 6:19-20

**CONSEQUENCE #1** | Our hearts will always follow our treasures

Matthew 6:21

**DECISION #1** | Will we invest in treasures on earth or treasures in heaven?

Matthew 6:19-20

**LAW #2** | Every human being operates with a vision of reality

Matthew 6:22-23

**CONSEQUENCE #2** | Our vision of reality affects our whole lives

**DECISION #2** | Where will we focus our attention?

Colossians 3:1-2

**LAW #3** | Every human serves some sort of god

Matthew 6:24

**CONSEQUENCE #3** | We can serve only one god at a time

Discerning the idols of your heart

1. What gives me a sense of security?
2. What is my greatest delight?
3. What do I fear?
4. Where do I resist the word of God?
5. What is it that if God took it away I would walk away?

**DECISION #3** | What God will we serve?