

Your Mental Game - Back to the Basics

What's the Value of Moralizing Worry?

October 9, 2022

Matthew 6v19-34

19 'Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; 20 but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also.

22 The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light; 23 but if your eye is unhealthy, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

24 'No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth.[i]

25 'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? 26 Look 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? 27 And can any of you by worrying add a single hour to your span of life? 28 And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not clothed like one of these. 30 But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? 31 Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" 32 For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. 33 But strive first for the kingdom of God and his[m] righteousness, and all these things will be given to you as well.

34 'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

Philippians 4v6-7

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Tools...

1. What if thinking isn't optional?

2. What if courage is a cardinal virtue?

3. What is the role of exercise? Nutrition?

4. What if a strong mind is possible?

"5. What's the value of moralizing worry?"

Would you be willing to consider the idea of calling worry _____?

Worrying is _____.

(v25) What if worry tends to reflect a focus that's too small?

(v27) What if for the follower of Jesus, worrying lacks integrity?

Where does anxiety as a psychological condition become undisciplined, even immoral, thinking habits?

Where does prudent financial planning become greedy hoarding?

(v33) - What if part of the antidote is focusing on bigger things?

Kind of like "fear not"...

(v34) What if being mentally healthy is difficult?

What if it's the kind of thing best done one day at a time?

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Songs: The Future's So Bright (Preview), Beginning and the End, Beautiful Things, Centuries, It Is Well, Future/Past

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