

## Don't be anxious

Pastor Tim Brisson

---

**Genesis 3:6–7 (NRSV) — 6** So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. **7** Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

**The negative thought cycle: FEAR -> SHAME -> HIDE**

- **Guilt tells me I have done something wrong.... Shame tells me I am something wrong.**
- **Secrecy's cellmate is shame. -Sheila Walsh**

### **Jesus' teaching on worry and anxiety from The Sermon on the Mount**

**Matthew 6:25–34 (NRSV) — 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 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.

### **Jesus' teaching on worry and anxiety**

- **Be single-minded in your faith in God**
- **Be present**

**Notes:**

---

---

**Jesus prays before His betrayal**

**Matthew 26:36–46 (NRSV) — 36** Then Jesus went with them to a place called Gethsemane; and he said to his disciples, “Sit here while I go over there and pray.” **37** He took with him Peter and the two sons of Zebedee, and began to be grieved and agitated. **38** Then he said to them, “I am deeply grieved, even to death; remain here, and stay awake with me.” **39** And going a little farther, he threw himself on the ground and prayed, “My Father, if it is possible, let this cup pass from me; yet not what I want but what you want.” **40** Then he came to the disciples and found them sleeping; and he said to Peter, “So, could you not stay awake with me one hour? **41** Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.” **42** Again he went away for the second time and prayed, “My Father, if this cannot pass unless I drink it, your will be done.” **43** Again he came and found them sleeping, for their eyes were heavy. **44** So leaving them again, he went away and prayed for the third time, saying the same words. **45** Then he came to the disciples and said to them, “Are you still sleeping and taking your rest? See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. **46** Get up, let us be going. See, my betrayer is at hand.”

**Easter morning at the tomb**

**Matthew 28:1–6 (NRSV) — 1** After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to see the tomb. **2** And suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. **3** His appearance was like lightning, and his clothing white as snow. **4** For fear of him the guards shook and became like dead men. **5** But the angel said to the women, “Do not be afraid; I know that you are looking for Jesus who was crucified. **6** He is not here; for he has been raised, as he said. Come, see the place where he lay.

**1 Peter 5:7 (NRSV) — 7** Cast all your anxiety on him, because he cares for you.

**TO RESIST ANXIETY:**

Pause;

Pray; and

Participate

**Gratitude focus points from Phil 4:4-8**

Whatever is true, honorable, just, pure, pleasing, commendable, any excellence, and worthy of praise.

**Notes:**

---

---