

## Summer School –Week 2

### Title – The Antidote for Worry

#### Prayer

#### Purpose/Review

Summer School....

Remember that Summer School is accelerated learning

180 days of learning has to be condensed into 6 weeks

So I'm assuming that we've all been awake for a couple of hours...

That we've all had at least one cup of coffee

Or have been hydrated with water or juice

#### NOTE-

I'm going to ask you shortly to connect some dots

### SERMON TITLE – The Antidote for Worry

#### Reading

#### Matthew 6

34 So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

#### Doctrinal

Well... that was easy...

There was a famous song from 1988 that encapsulated this teaching...

Don't Worry, Be Happy

## QUESTION-

If you were worrying about something and someone came up to you and said...

Don't Worry.... Be Happy

**How would you react...?**

## NOTE-

All of us have worried about something at some time...

**How do we avoid worry...?**

We need to discover the antidote for worry...

## QUESTION-

**What is an antidote...?**

## ANSWER-

**Antidote** - A remedy or other agent used to neutralize or counteract the effects of a poison.

## QUESTION-

**How do you find an antidote...?**

## ANSWER-

Finding an antidote means identifying the toxin, recognizing the specific mechanism of harm, and then matching it to a treatment that can reverse or block that effect quickly...**Perplexity.AI**

**NOTE-**

To find an antidote we must first identify the toxin

**QUESTION-**

**How would you define worry**

**ANSWER-**

**Worry – To feel uneasy or concerned about something**

**How many of us have ever been guilty of worry...?**

**Now.... here's when you have to connect the dots...**

**FACTS**

**We all worry at times**

**+**

**An antidote neutralizes a toxin**

**QUESTION**

**How do we find the antidote?**

**ANSWER**

**The first step to find the antidote for worry is to... Identify the Toxin**

**So... let us look at our verse in context**

**And see if we can identify any toxins that might cause us to worry**

**OPRN YOUR BIBLES TO Matthew 6:25-34**

## **Matthew 6**

25 “For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? 27 And who of you by being worried can add a single hour to his life? 28 And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, 29 yet I say to you that not even Solomon in all his glory clothed himself 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 furnace, will He not much more clothe you? You of little faith! 31 Do not worry then, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’ 32 For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. 33 But seek first His kingdom and His righteousness, and all these things will be added to you.

34 “So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

***Let’s take a moment and identify toxins that might cause us to worry...***

### **NOTE-**

The first thing that Jesus is telling us is  
That when we allow worry to occupy our minds...

We will lose sight of God’s Fatherly Care

## **Matthew 6**

26 Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?

### **NOTE-**

The second thing that we are taught is  
Worry is Futile and Unproductive

**Matthew 6**

27 And who of you by being worried can add a single hour to his life?

If the worry is largely beyond your control, recognize that little or nothing can be done and that you are only making yourself feel bad by worrying... **Association for Behavioral and Cognitive Therapies**

*I love it when science catches up to the bible...*

**NOTE-**

Finally Jesus is telling us that  
Worry is Unbecoming for a Child of God

**Matthew 6**

31 Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' 32 For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.

**NOTE-**

Jesus reminds us a second time that our Father in heaven knows our needs

**NOTE-**

There is a difference between worrying about tomorrow and planning for tomorrow

**TUESDAY NIGHTS DISCUSSION****CONCLUSION-**

## **We must first identify the toxin that is causing us to worry...**

Worry might be about the essentials of life...

Food... water... and clothing...

We might add... shelter... work... health

But God knows our needs...

## **When we worry...we lose sight of God's love**

If God provides for the birds and animals around us

How much more will He provide to us what we need

## **We are a child of the Most High God...**

And God promises us that He knows our needs...

## **Not necessarily what we believe our needs are...**

But He has promised us that He will provide for us

## **STORY-**

I remember hearing an interview of someone in the Mission Field

The interviewer was asking if they were being well taken care of

The Missionary gave an answer that I've remember to this day

God can fill you up with hot dogs just as much as with Steak

## **But let's be honest...**

There are times that we don't seem to have steak let alone hot dogs

Our needs build up and we don't seem to have anyone... Or any place to turn too

**Yet... Jesus gives us a command... Do Not Worry**

### **DEEPER THOUGHT-**

When Jesus gives us such a command...

And when He goes down the list of things that will cause us to worry...

What is He Telling us...

**You Will Worry...**

We can go through our exercise and identify the toxin that is causing us to worry...

**But... What is the Antidote for Worry...?**

## **Application**

**OPEN YOUR BIBLES TO Philippians 4:6-9**

### **Philippians 4**

6 Be anxious for nothing, 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 comprehension, will guard your hearts and your minds in Christ Jesus.

8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. 9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

## Paul Gives Us Three Antidotes for Worry...

1) Pray Biblically.... 2) Think Biblically.... 3) Live Biblically

Let's look at our first bullet point...

### Antidote for Worry

#### 1) Pray Biblically

#### Philippians 4

6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

#### NOTE-

Part of the antidote for worry is prayer

It does not matter what the toxin is that causes us to worry

Take it to the Lord in prayer

#### EXPAND WITH EXAMPLES-

#### NOTE-

And when you make your request

Remember to always be thankful

#### Ephesians 5

20 always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father

Thankful that we do have access to the throne room of God

## **Hebrews 4**

16 Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

*This brings us to our second bullet point...*

## **Antidote for Worry**

1) Pray Biblically

**2) Think Biblically**

## **Philippians 4**

8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

### **NOTE-**

You cannot think two thoughts at the same time.

What happens if you try to do this

You become anxious...being pulled in two directions

Pulled towards a "good" thought or towards a "bad" thought

And what is the result of this divided thinking

You become paralyzed (so to speak) by your anxiety

### **NOTE-**

The idea is that when our thought process is in overload

We are to take our thoughts captive

And meditate on what is excellent and praise worthy

## **Psalm 119**

160 The sum of Your word is truth...

## EXAMPLES-

Back of the Bulletin

Or my favorite verse in the bible...

### Hebrews 13

5 Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, I will never desert you, nor will I ever forsake you, 6 so that we confidently say, The Lord is my helper, I will not be afraid.

God wants to be in a growing relationship with us so much that He chose for our transformation to be a process in which we continually seek Him. It is as we spend time seeking God, studying His Word and applying it to our lives, that He begins to transform our minds... **Joanna Weaver**

*Finally... our third bullet point...*

### Antidote for Worry

- 1) Pray Biblically
- 2) Think Biblically
- 3) Live Biblically

## QUESTION-

What does it mean to live Biblically

## ANSWER-

To live biblically means to shape one's entire life—thoughts, actions, priorities, and relationships—in alignment with the directives, wisdom, and truths found in Scripture.

**QUESTION-**

**Who inspired the writers of the bible...?**

**ANSWER-**

The Holy Spirit inspired the writers of the Bible.

**QUESTION-**

**Who is the Holy Spirit**

**ANSWER-**

The Holy Spirit is fully God, sharing the same divine essence as the God the Father and God the Son.

**So...what is the antidote for worry...?**

Look at this slide as I read what Peter tells us about Jesus...

**SLIDE- Jesus Carrying a Lamb**

**1 Peter 5**

7 casting all your anxiety on Him, because He cares for you.

**Who is the antidote for worry....?**

**Jesus**

**When we come to this understanding...**

**When we come to believe the great love that Jesus has for you...**

**When we take all of our worries to Jesus in prayer...**

Listen to what happens...

**Philippians 4**

7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

**The heart is the core of our being...**

**It is where all of our thoughts and emotions reside...**

**Jesus wants to know of every little or great thing that is causing you to worry...**

**Jesus is our antidote for worry...**

**CLOSE**