

# DANGER ZONE

## WORRY

3-15-15

1. Often we enter into a dangerous place and we know it by cones, fences and signs.

*Self-deception is a process of denying or rationalizing away the relevance, significance, or importance of opposing evidence and logical argument.*

2. The longer we live in the danger zone of self-deception, the more difficult it becomes to see the danger. We believe that it will not harm us, and the more convinced we are that we are right.

3. Things are really dangerous when we don't know or acknowledge that we are in a danger zone.

**WORRY TELLS ME: "I'VE GOT TO DO THIS, BECAUSE IF I DON'T, SOMETHING EVEN WORSE COULD HAPPEN."**

***CAUTION... YOU ARE NOW ENTERING INTO THE DANGER ZONE:***

1. WORRY IS DERIVED FROM THE GERMAN WORD "WURGEN", MEANING TO \_\_\_\_\_ OR STRANGLE.

2. WORRY IS A \_\_\_\_\_ BECAUSE I'M NOT TRUSTING IN THE PROMISES OR POWER OF GOD.

- WHEN I WORRY, I ASSUME THE ROLE OF \_\_\_\_\_.

**Matthew 6:25** . . . Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?... 32 For the pagans run after all these things, and your heavenly Father knows that you need them.

### 3. WORRY REVEALS THE \_\_\_\_\_ OF MY SPIRITUAL LIFE.

- ***OVERCOMING WORRY HAS MORE TO DO WITH MY CONFIDENCE IN GOD, THAN THE CIRCUMSTANCE I'M GOING THROUGH.***

#### HOW TO STOP WORRYING:

**Philippians 4:4** Rejoice in the Lord always. I will say it again: Rejoice!

#### 1. I COMMIT NOT TO WORRY ABOUT \_\_\_\_\_.

**Philippians 4:6** Do not be anxious about anything...

**Philippians 4:5** Let your gentleness be evident to all. The Lord is near.

**Psalms 125:1-2** Those who trust in the Lord are like Mount Zion, which cannot be shaken but endures forever. <sup>2</sup> As the mountains surround Jerusalem, so the Lord surrounds his people both now and forevermore.

#### 2. I COMMIT TO \_\_\_\_\_ ABOUT EVERYTHING.

**Philippians 4:6** ... but in **everything**, by prayer and **petition**, with thanksgiving, present your requests to God.

#### 3. I COMMIT TO \_\_\_\_\_ GOD FOR ALL THINGS.

**Philippians 4:6** ... in everything...with thanksgiving...

**1Thessalonians 5:18** give thanks in all circumstances, for this is God's will for you in Christ Jesus.

**4. I COMMIT TO \_\_\_\_\_ ON THE RIGHT THINGS.**

**Philippians 4:8** Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-- if anything is excellent or praiseworthy-- think about such things.

**INSIGHT: WHAT I THINK ABOUT IS WHAT I \_\_\_\_\_.**

**Proverbs 23:7** For as he thinks in his heart, so is he...

**Mark 7:20-23** He went on: "What comes out of a man is what makes him 'unclean.' <sup>21</sup> For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, <sup>22</sup> greed, malice, deceit, lewdness, envy, slander, arrogance and folly. <sup>23</sup> All these evils come from inside and make a man 'unclean.'"

**Proverbs 4:23** Above all else, guard your heart, for it is the wellspring of life.

**5. I COMMIT TO \_\_\_\_\_ WHAT I JUST LEARNED.**

**Philippians 4:9** Whatever you have learned or received or heard from me, or seen in me – put it into practice.

**THE RESULTS**

**Philippians 4:7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**Philippians 4:9** And the God of peace will be with you