



Scared and Stressed Out (What Have You Been Afraid to Confront?)

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Four Things You Should Never Be Scared of Doing

1. Scared to **Change** (What have you been afraid to change?)
2. Scared to **Confront** (What have you been afraid to confront in your life?)
3. Scared to **Try** (What have you been afraid to try?)
4. Scared to **Confess or Repent** (What have you been afraid to admit?)

Big Question: What have you been afraid to confront?

I. Three Things You Need to Confront (Matthew 6:25-34, NIV)

1. The Level of Your **Stress** and **Worry** (We worry about our life issues often)

Matthew 6:25 (NIV)

25 "Therefore I tell you, **do not worry about your life**, what you will eat or drink; **or about your body, what you will wear**. Is not life more than food, and the body more than clothes?"

- Worrying about **life**
- Worrying about our **body**
- Worrying about what we **wear**

2. The Level of Stress to Have More **Stuff** (We Worry About What We Have Not Accumulated)

- 26 Look at the birds of the air; they do not **sow or reap or store away in barns**, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying **add a single hour to your life**?

- Worrying about what we **produce** (sow and reap)
- Worrying about what we have **gathered**
- Worrying about the length of our **life**

3. The Fear of **Running Out** (Natural Disasters Make Me Think About This)

28 "And **why do you worry about clothes**? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, **will he not much more clothe you**—you of little faith?"



Note: How We Should Respond to The Fear of Running Out (REFUSE TO WORRY, JUST PLAN)

- 31 So do not worry, saying, 'What shall we eat? 'or 'What shall we drink? 'or 'What shall we wear? '
32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But **seek first his kingdom and his righteousness**, and all these things will be given to you as well.
34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Next Time: What Have You Been Afraid to Try?

Text: Matthew 25:6–9 (NIV)