

PASTOR: Kip McCormick

DATE: March 16, 2025

SERIES: Sermon on the Mount

SERMON: No Thanks, Angst!

MAIN SCRIPTURE: Matthew 6:19-34 (1984 NIV)

SUPPORTING SCRIPTURE / FURTHER READING: John 8:12; Philippians 4:8; Hebrews 11:1; Matthew 11:28-30; Romans 12:1-2

MESSAGE TAKEAWAY: Each day we walk onto a battlefield of the mind. With the proper focus, we can walk in victory. With improper focus, we'll be defeated.

SUPPORTING THOUGHTS:

- The Issue: When you focus on the temporary, you sacrifice the Eternal.
- What we treasure most, controls us most.
- The Remedy: Store up treasures in heaven by loving God, loving others.
- The things on which we focus can get a grip on our hearts...and our lives.
- Jesus tells us that there's no middle ground with anything that competes with God. You can only make one your master.
- Much of our worry is centered on provision.
- Money gives us temporary things of value. God gives eternal things of value.
- Greek word for worry: *merimnaō* -- to have a divided mind (merim = divided, naos = mind).
- Jesus to us: "No matter what, when you look at our Father provides – unconditional love, value, purpose, forgiveness – that's what truly counts."
- God wants to heal you of worry and anxious thoughts, not shame you.

"Now faith is about standing on the firm foundation of Jesus, being convinced that He sees what you don't or can't." - Hebrews 11:1 (Kipster International Version)

- Are you sure that God has your best interests in mind? Are you certain He's going to be in the midst of the situation you're in?
- Anxiety: The issue isn't so much about faith as it is about space.
- You'll be in combat when you yoke into Jesus because the enemy wants you to live in worry. He wants you to live in fear. He knows that if he can keep your mind divided, he'll win, and you'll lose. - Matthew 11:28-30
- You win the battle of anxiety and worry in the margins of the mundane.
- We get anxiety by hyper focusing on things that we think we should provide, when in the end, God's going to provide.



(ADDITIONAL SUPPORTING THOUGHTS)

- It's all about trusting God more than trusting ourselves.
- Seek Jesus first: Christian character and conduct.
- Rooted Vision: Three primary ways – scripture, prayer, and service.

(Following points from Shawn Johnson's, *ATTACKING ANXIETY – From Panicked and Depressed to ALIVE and FREE*)

WHEN IT COMES TO ANXIETY:

1. Know that you're not crazy, you're not alone, and this will end.
2. Start fighting:
 - Use worship as a weapon.
 - Pray like a warrior in combat.
 - Memorize the promises of God as you apply them to your life.
3. Assemble an army in your fight: family, friends, church, doctors, counselors.
4. Stop pretending you're okay and this will go away on its own. It won't.
5. Stop performing for the critics and playing the comparison game.
6. Remember these three truths:
 - God is with you, even if you can't feel it.
 - God is working in your life, even if you can't see it
 - God has a plan, even if you can't understand it.

Anxiety is not a sin. Doing nothing about though is a sin because you can't live your life fully and experience the life more abundant Jesus promises each of us if you're in a constant state of anxiety.

"Peace I leave with you, my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. (John 14:27)

CHALLENGE: Stay focused as you fight the battle of the mind with scripture, prayer, soul care.

DISCUSSION QUESTIONS:

- What portion of today's teaching challenged you?
- Review the above points by author Shawn Johnson as a group and discuss.
- Take time today to review the promises of God. How can these promises give you comfort and peace? Where do you struggle believing these promises?
- Why do you think people feel ashamed or at fault when dealing with mental health issues? How can we help as Christ followers?

Sources: Shawn Johnson (*Attacking Anxiety – From Panicked and Depressed to Alive and Free*); Kip McCormick (Stressed, Depressed Hot Mess Reading plan, YouVersion Bible app, <https://www.bible.com/reading-plans/30958-stressed-depressed-hot-mess>); Life Application Study Bible (Matthew); Charles Swindoll (Matthew 1-15 New Testament Commentary); Timothy Keller (Multiple sermons, writings on Anxiety and Depression); Dallas Willard (The Divine Conspiracy).

God's Promises



1. **I am protected.** ¹“But now, this is what the LORD says— he who created you, O Jacob, he who formed you, O Israel: “Fear not, for I have redeemed you; I have summoned you by name; you are mine. ²When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.” - Isaiah 43:1–2 (NIV 1984)
2. **I am strengthened, helped and upheld.** ¹⁰“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” - Isaiah 41:10 (NIV 1984)
3. **I am not alone.** ⁹“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.” - Joshua 1:9 (NIV 1984)
4. **I am free.** ³⁶“So if the Son sets you free, you will be free indeed.” - John 8:36 (NIV 1984)
5. **I am anointed.** “Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows.” - Psalm 23:4-5
6. **I am never condemned.** “Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.” - Romans 8:1-2
7. **God rescues me.** ¹⁴“Because he loves me,” says the LORD, “I will rescue him; I will protect him, for he acknowledges my name. ¹⁵He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. ¹⁶With long life will I satisfy him and show him my salvation.” - Psalm 91:14–16 (NIV 1984)
8. **Jesus gives me true rest.** ²⁸“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.” - Matthew 11:28–30 (NIV 1984)
9. **God will never forsake me.** ⁸“The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.” - Deuteronomy 31:8 (NIV 1984)

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(GOD'S PROMISES CONTINUED)

10. **God is trustworthy. He is my fortress.** ¹“He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. ²I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.” ³Surely he will save you from the fowler’s snare and from the deadly pestilence. ⁴He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.” - Psalm 91:1–2, 4 (NIV 1984)
11. **I am sealed by God.** ¹³“And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, ¹⁴who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession—to the praise of his glory.” Ephesians 1:13–14 (NIV 1984)
12. **Jesus gives me strength to fight.** ¹²I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³I can do everything through him who gives me strength.” - Philippians 4:12–13 (NIV 1984)
13. **Jesus gives me peace.** ²⁷Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” - John 14:27 (NIV 1984)
14. **God will work it out for my good, no matter what the outcome.** ²⁸“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” - Romans 8:28 (NIV 1984)
15. **Through Christ I’m more than a conqueror.** ³⁷No, in all these things we are more than conquerors through him who loved us. ³⁸For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” - Romans 8:37–39 (NIV 1984)
16. **All things are possible with Jesus.** ²⁶Jesus looked at them and said, “With man this is impossible, but with God all things are possible.” - Matthew 19:26 (NIV 1984)
17. **I’m never alone.** ²⁰“And surely I am with you always, to the very end of the age.” - Matthew 28:20(b) (NIV 1984)
18. **God gives me victory through His strength. He fights for me.** ⁴“For the LORD your God is the one who goes with you to fight for you against your enemies to give you victory.” - Matthew 28:20(b) (NIV 1984)
19. **God has given me the spirit and ability to pastor well.** ⁶“For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. ⁷For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.” - 2 Timothy 1:6–7 (NIV 1984)
20. **God lives within me; therefore, He’s greater than the evil one who’s doing his damage in the world.** ⁴“You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.” - 1 John 4:4 (NIV 1984)

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