

FRUSTRATED WITH ANXIETY
&
DISCONTENT WITH WORRY

MATTHEW 6:25-34

UNGODLINESS

- LIVING OUR EVERYDAY LIVES WITH LITTLE OR NO THOUGHT OF GOD, OR HIS WILL, OR OF GOD'S GLORY, OR OF OUR DEPENDENCE ON GOD.
- MAKING OUR LIFE PLANS APART FROM THE THOUGHT OF GOD AND OUR DEPENDENCE UPON HIM.

ANXIETY

- LIVING IN FEAR; AND AT THE ROOT OF THAT FEAR, IS A LACK OF TRUST IN GOD'S ABILITY TO PROVIDE.
 - DISTRUST IN GOD
 - UNWILLINGNESS TO ACCEPT HIS PROVIDENTIAL CARE AND PLANS

WORRY

- CAN BE SYNONYMOUS WITH ANXIETY YET OFTEN ASSOCIATED WITH THE LONG TERM CARES THAT CAUSE US GREATER PAIN THAN THE SHORT TERM INCONVENIENCES.
- FIXATING ON THINGS THAT ARE STILL YET IN THE FUTURE AND BEYOND CONTROL.
- A FEAR THAT GOD IS NOT CAPABLE TO HANDLE A PROBLEM THAT MAY COME YOUR WAY.

FRUSTRATION

- AKIN TO ANXIETY AND WORRY, FRUSTRATION DIFFERS IN THAT IT RELATES MORE TO THE CONCEPT OF ANGER THAN OF FEAR.
- BECOMING ANGRY AT CIRCUMSTANCES WHEN THINGS DON'T GO OUR WAY OR WHEN OUR PLANS ARE CHANGED BEYOND OUR CONTROL.
- A FAILURE TO SEE THE HAND OF GOD IN OUR LIFE. LIVING AS THOUGH HE HAS LET GO AND ALLOWED THE WORLD TO SPIN OUT OF CONTROL. FAILING TO LIVE IN LIGHT OF THE ETERNAL TRUTH THAT HE IS SOVEREIGN.

DISCONTENTMENT

- LINKED TO UNCHANGING CIRCUMSTANCES
- WE BECOME DISCONTENT WHEN THE STATE OF OUR LIVES ARE NOT WHERE WE THINK IT SHOULD BE AND WE SEE NO HOPE OF CHANGE ON THE HORIZON

DEALING WITH THESE SINS

- TRUST IN THE LORD
 - PROVERBS 3:5-6
 - HAVE CONFIDENCE IN HIM
- ACCEPT GOD'S PLAN
 - PHIL. 1:6; ROM. 8:28-29; MATT. 26:39; Is. 55:6-9; PSALM 139:16
- REJECT THE VICTIM MENTALITY
 - EVERYTHING THAT COMES INTO OUR LIVES IS AN OPPORTUNITY FOR US TO GROW AND LEARN. WE ARE TO BE STEWARDS OF THESE OPPORTUNITIES AND USE THEM WISELY.
- MEMORIZE AND MEDITATE ON SCRIPTURE
- APPLY TRUTH WITH THE SPIRIT'S HELP