

# Self-Confrontation

Matthew 7:1-5

Part 2

April 21 ~ July 21

Hobson Auditorium

# Self-Confrontation



Week 19

Fear and Worry

# Self-Confrontation (Week 19)

## Fear and Worry

**Overwhelming fear and worry result from living to please yourself instead of living to please the Lord. Instead of a sinful self-focus, you are to fear (reverence) God and have a responsive concern (care) for others. (SCM-337)**

**God has not given you a spirit of timidity (fear) but of power and life and discipline (sound judgment). (SCM-337)**

**Put off timid, fearful, and troubling thinking. Put on love and sound judgment in the power of the Holy Spirit. Recognize, in Jesus Christ you have peace. (SCM-337)**

# Self-Confrontation (Week 19)

## The Redemptive Story of the Gospel

### View 1

Life of Christ

Resurrection

Cross



A horizontal timeline with three vertical tick marks. The first tick mark is on the left, the second is in the middle, and the third is on the right. A horizontal line connects the first and second tick marks, and another horizontal line connects the second and third tick marks.

### View 2

Creation

Redemption

Fall

Consummation



A horizontal timeline with four vertical tick marks. The first tick mark is on the left, the second is in the middle-left, the third is in the middle-right, and the fourth is on the right. A horizontal line connects the first and second tick marks, another connects the second and third, and a third connects the third and fourth.

**The heart of the Christian life is God's gracious work of conforming your personal story to His redemptive story.**

# Self-Confrontation (Week 19)

## Fear and Worry

### God's Way (Love)

- Love looks for opportunities to give.
- Love lays down its life for others.
- Love believes all things.
- Love never fails.

### Man's Way (Fear)

- Fear Keeps a wary eye on possible consequences of involvement.
- Fear will not take personal risks to help another.
- Fear is highly suspicious.
- Fear occasions greater fear – failure to assume responsibilities brings more fear of consequences of acting irresponsibly.

# Self-Confrontation (Week 19)

## Earthly reasons not to worry.

1. Worry brings stress.
  2. Worry wastes time.
  3. Worry makes it hard to sleep.
  4. Worry is tiring.
  5. Worry keeps you from enjoying life.
  6. Worry will make you sick.
- "You don't want the discomfort of worry, do you?"
  - "Worry will send you to an early grave."
  - "Worry will give you ulcers."

# Self-Confrontation (Week 19)

## Heavenly reasons not to worry.

1. Worry reduces your usefulness to God.

**Matt 25:24-25**

**"And the one also who had received the one talent came up and said, 'Master, I knew you to be a hard man, reaping where you did not sow and gathering where you scattered no seed. <sup>25</sup> 'And I was afraid, and went away and hid your talent in the ground. See, you have what is yours.'**

# Self-Confrontation (Week 19)

## Heavenly reasons not to worry.

1. Worry reduces your usefulness to God.

### Luke 10:38-42

Now as they were traveling along, He entered a village; and a woman named Martha welcomed Him into her home. <sup>39</sup> She had a sister called Mary, who was seated at the Lord's feet, listening to His word. <sup>40</sup> But Martha was distracted with <sup>1</sup>all her preparations; and she came up to Him and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me." <sup>41</sup> But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; <sup>42</sup> but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."

# Self-Confrontation (Week 19)

## Heavenly reasons not to worry.

### 2. Worry questions God's excellence.

#### Matt 6:28-30

**And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, <sup>29</sup> yet I say to you that not even Solomon in all his glory clothed himself like one of these. <sup>30</sup> "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!***

# Self-Confrontation (Week 19)

## An Important Note on Seeking

What things will be added?

**Luke 12:29-34**

**"And do not seek what you will eat and what you will drink, and do not keep worrying. <sup>30</sup> "For all these things the nations of the world eagerly seek; but your Father knows that you need these things. <sup>31</sup> "But seek His kingdom, and these things will be added to you. <sup>32</sup> "Do not be afraid, little flock, for your Father has chosen gladly to give you the kingdom.**

**<sup>33</sup> "Sell your possessions and give to charity; make yourselves money belts which do not wear out, an unfailing treasure in heaven, where no thief comes near nor moth destroys. <sup>34</sup> "For where your treasure is, there your heart will be also."**

# Self-Confrontation (Week 19)

## Heavenly reasons not to worry.

3. Worry places you at the center of your universe.

### Luke 10:38-42

Now as they were traveling along, He entered a village; and a woman named Martha welcomed Him into her home. <sup>39</sup> She had a sister called Mary, who was seated at the Lord's feet, listening to His word. <sup>40</sup> But Martha was distracted with <sup>1</sup>all her preparations; and she came up to Him and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me." <sup>41</sup> But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; <sup>42</sup> but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."

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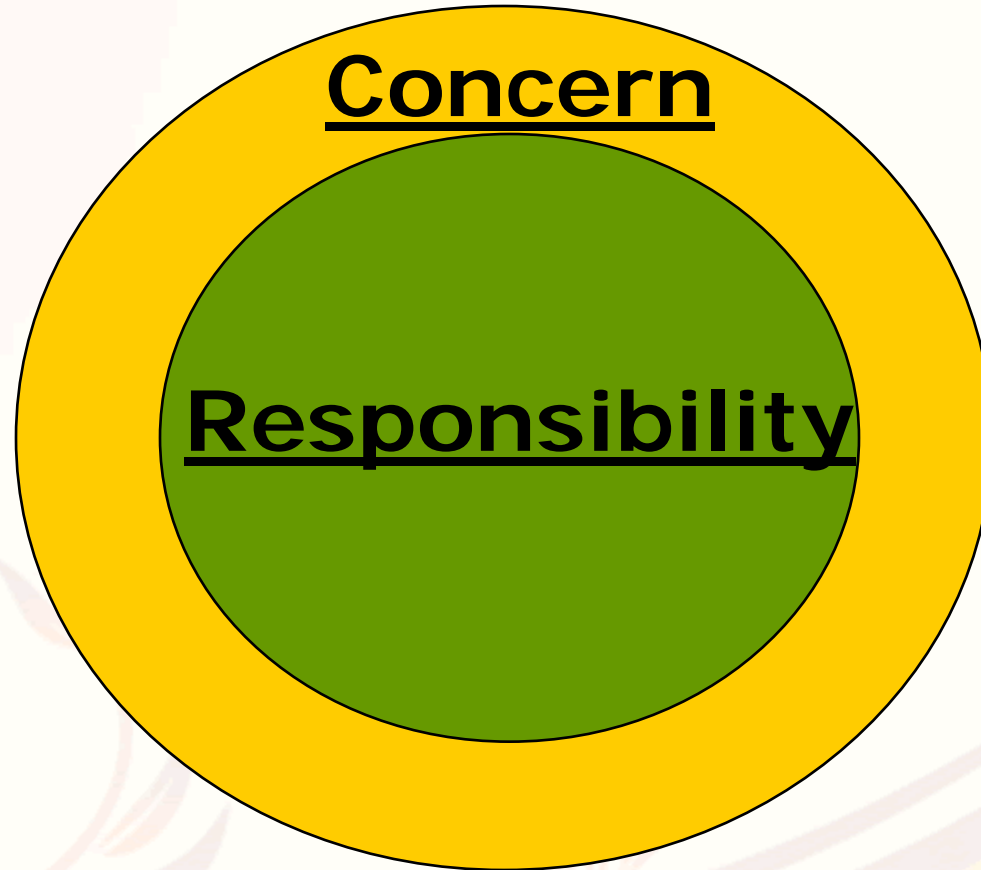
## Heavenly reasons not to worry.

4. Worry prevents you from fulfilling Godly duties.

### Luke 10:38-42

Now as they were traveling along, He entered a village; and a woman named Martha welcomed Him into her home. <sup>39</sup> She had a sister called Mary, who was seated at the Lord's feet, listening to His word. <sup>40</sup> But Martha was distracted with <sup>1</sup>all her preparations; and she came up to Him and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me." <sup>41</sup> But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; <sup>42</sup> but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."

# Self-Confrontation (Week 19)



**Concerns** lie outside your God-given sphere of responsibility. You cannot biblically control them because God has not granted you control.

**Responsibilities** are given to you by God who has equipped you to biblically control/accomplish them.

# Self-Confrontation (Week 19)

## Heavenly reasons not to worry.

### 5. Worry conflicts with the Gospel of Grace

#### 2 Peter 1:1-7

**To those who have received a faith of the same kind as ours, by the righteousness of our God and Savior, Jesus Christ: Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord; seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of *the divine nature, having escaped the corruption that is in the world by lust.***

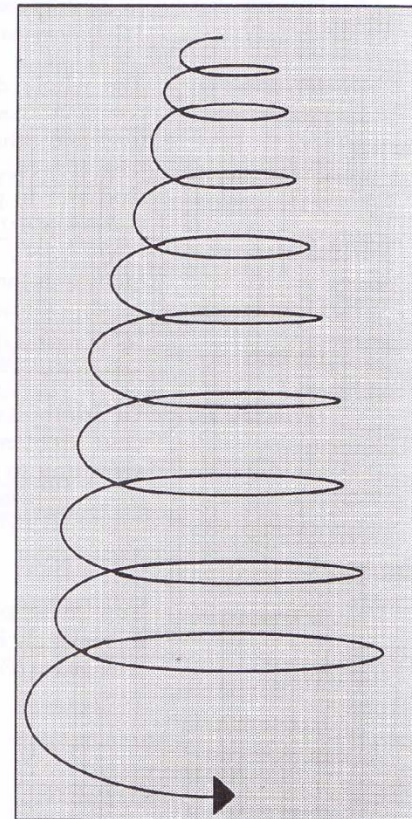
# Self-Confrontation (Week 19)

## Get Together...

**Create a Downward Spiral regarding worry.  
Be creative.**

AN EXAMPLE OF A STUDENT CAUGHT IN THE  
*DOWNWARD SPIRAL:*

- A. **Heart level**  
Focus on self (*Luke 9:23-24*)
- B. **Doing level (unbiblical deeds)**
  - Tempted to follow fleshly desires instead of a commitment to God (**thought life**) (*Galatians 5:16-17; Ephesians 2:3; Titus 2:11-12*)
  - Lazy – doesn't want to study (**thought life**) (*Proverbs 6:9-11, 10:4; Ecclesiastes 11:4; Matthew 25:26-29; Ephesians 5:15-16*)
  - Doesn't study (**actions**) (*II Thessalonians 3:11*)
  - Keeps bad company (**actions**) (*Proverbs 1:10-19, 24:1; I Corinthians 15:33*)
  - Worries about failing course (**thought life**) (*Proverbs 12:25a; Philippians 4:6*)
  - Lies to parents about readiness for exams (**words**) (*Ephesians 4:25; Colossians 3:9*)
  - Cheats on exams (**actions**) (*Exodus 20:15; Ephesians 4:28*)
  - Fails course (consequence) (*Proverbs 28:13; Colossians 3:25*)
- C. **Feeling level**  
Depression, despair, guilt feelings (*Psalms 38:4-8*)



# Self-Confrontation (Week 19)

## A Downward Spiral

The desire to control some aspect of your world  
leads to:

The realization that life is out of your control  
leading to,

The physical experience of fear,

Leading to the desire to control the fear experience  
as well as the circumstances,

Leading to anger, isolation, depression, and a  
world that grows smaller and small and more and  
more out of control,

Leading to increased efforts to control, and more  
fears and so on.

# Self-Confrontation (Week 19)

## The Remedy for Fear: Grace

### Study 1 John 4:7-21

Man often fears the consequences of his actions and his “punishment” of life in general because he is not perfected (matured, completed) in the love of God. God’s love is perfected in you when you sincerely believe in the Lord Jesus Christ, remain obedient to God’s Word and love others in the Body of Christ. Love that is perfected in this manner casts out your fear. (SCM-341)

# Self-Confrontation (Week 19)

## God and fear.

1. Who God is.

-God is love (7-8).

2. What God has done.

-God sent His Son as the propitiation for sin (9-11).

-God has give us of His Spirit (13).

3. What God is doing.

-God abides in us (12).

4. What God will do.

-God will perfect us (17).

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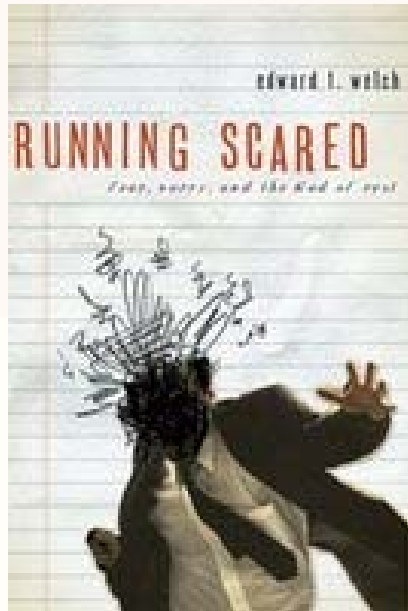
## How to Deal with Worry and Fear

### Philippians 4:7

1. Rejoice in the Lord.
2. Serve others.
3. Submit your requests to God with thankfulness.
4. Set your mind on the things above.
5. Love the Scriptures.
6. Worship God Alone.

# Self-Confrontation (Week 19)

## Today's Giveaway



### Running Scared

By Edward  
Welch

### Overcoming Fear, Worry, and Anxiety

By Elyse  
Fitzpatrick

Becoming a Woman of Faith & Confidence

Overcoming  
Fear, Worry,  
and Anxiety



Elyse  
Fitzpatrick

Coauthor of *Women Helping Women*

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# Self-Confrontation (Week 19)

***Think about this...***

**Jer 17:7-9**

**Blessed is the man who trusts in the Lord  
And whose trust is the Lord .**

**<sup>8</sup> "For he will be like a tree planted by the water,  
That extends its roots by a stream  
And will not fear when the heat comes;  
But its leaves will be green,  
And it will not be anxious in a year of drought  
Nor cease to yield fruit.**

**<sup>9</sup> "The heart is more deceitful than all else  
And is desperately sick;  
Who can understand it?**

# Self-Confrontation (Week 19)

***For Next Week:***

***Complete Lesson 20 in the  
Self-Confrontation Student Workbook***