

**ANXIETY**

*in the face of a*

**GLOBAL**

**ECONOMIC**

**MELTDOWN!**

Matthew 6:24 "No-one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.

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 important than food, and the body more important than clothes?

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 Who of you by worrying can add a single hour to his life?

28 "And why do you worry about clothes? See how the lilies of the field grow. They do not labour or spin.

29 Yet I tell you that not even Solomon in all his splendour 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, O you of little faith?

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.

Last Tuesday night I was watching the news on TV about the real possibility of a world wide economic recession, of house owners with a mortgage entering negative equity, rising living costs and unemployment - and God's Spirit said to me, 'Encourage my people and give them hope!'

I was too busy to respond, 'And anyway Lord', I said, 'I've already written my sermon, and it's good enough and encouraging too!'

Then Terri came into the office on Wed morn, and we talked about global recession and depression, and she said, 'People are really going to need some hope to get through this!'

Yes, I said. And can you please photocopy my sermon to distribute Sunday.

And then, early Thursday morning when all good pastors should be sleeping - God woke me at 3:30am wanting to speak to me - and in doing so - wanting to offer you hope and encouragement for today and for tomorrow.

I want to share with you - word-for-word, my conversation with God - early Thursday morning.

And in doing so, I want to briefly talk about worry, anxiety and our mind.

We need to understand that the goal of a Christian is not for a worry free life.

Manageable worry is a normal part of life.

It motivates and encourages us to find solutions and answers to our problem.

I.e. 1st Cor 7:33 says - a married man is concerned (μεριμναω merimnao *mer-im-nah'-o* means ANXIOUS) about the affairs of the world and how he may provide for his wife.

People who think life should be worry free - are in denial and have believed a lie that *life should be easy*.

It is not!

It *is* hard. John 16:33 - In this world you WILL have tribulation!  
θλιψις thlipsis *thlip'-sis* tribulation 21, affliction 17, trouble 3, anguish 1, persecution 1, burdened 1, to be afflicted + [1519](#) 1; 45

The root of worry is not always what is staring us in the face.

Many times it is an unwillingness to believe and trust in God.

Sometimes it is living in reaction to our past, missing some basic life skills, or simply giving too much authority to our emotions or power to our secular mind.

You are not your mind!  
You are spirit that lives above your mind.

In fact, there are parts of your mind - such as your midbrain - that is out to destroy you!

Your midbrain, old-brain or animal brain a it is also called - sits at the very top of your spinal chord.

It is responsible for controlling our base instincts for the survival of the human race - such as reproduction and the need for eating and shelter.

Your midbrain doesn't care about morality or God.

It just wants to survive!

It does such a good job that unless you control it - the desire for reproduction will turn into a full-blown addiction to lust and porn.

The need to eat will turn into obesity, and the need to provide shelter, into all manner of greeds and lusts to have the latest and flashest house, car or gadgets.

Your mind is non-Christian!

It will even take the grace of God and turn it into legalism.

You are not your mind!

Romans 12:2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

As a spiritual being - you need to be transformed by the renewing of your mind!

What you feed into your mind will grow your spirit.

If you feed it on a diet of images and information about the unsaved world - movies, advertising, television, music vids and current affairs - the result will be an unsaved mind and spirit!

Unless you feed daily God and Truth - you WILL live a life of worry, anxiety, addiction and bad moods.

Tough times are here. Tougher times are coming!

Through all of this - the motivation and foundation of your heart will be exposed and revealed.

- Trust in God above your income, above your financial security.
- Cast your Cares upon Him! Stop taking it out on your family or self-medicating through addictions - take it to God in prayer! (Ship casting off.)
- Stop spending money you don't have. if you can't return your credit card balance to zero every month - you should not have one.
- You can't control your finances until you have learnt to control your emotions and impulses!
- What's the worst that could happen to you - and what's so bad about that!
- Do not worry about tomorrow.
- Renew and control your mind with God and Truth daily - or else you will forever remain unsaved.

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