



Anxious? Jesus' Words on Worry

Iron Mill Church September 2025

- 9/14 Jesus' Words on Worry
- 9/21 Reframing Worry
- 9/28 Our Anxiety Coach



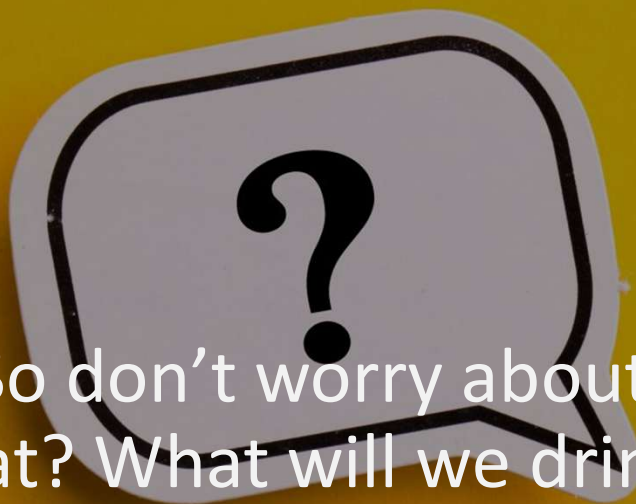
Anxious? Jesus' Words on Worry

Jesus' Words on Worry

Dr. Joel A. Smith

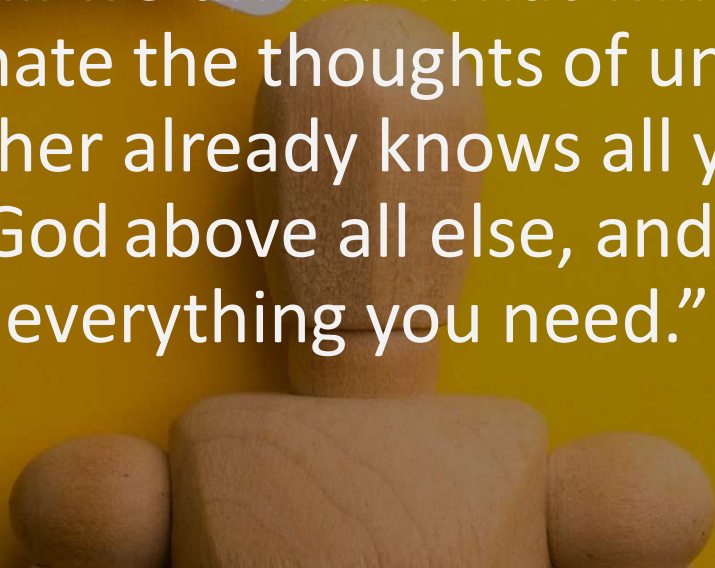
Transitional Pastor

09.14.25



Matthew 6:31-33 (NLT)

“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”





Bobby McFerrin

“Don’t Worry, Be Happy!”





Defining Worry

“worry means to be occupied and preoccupied with many things, while at the same time being bored, resentful, depressed, and very lonely.”

Henri Nouwen,
Making All Things New

Question

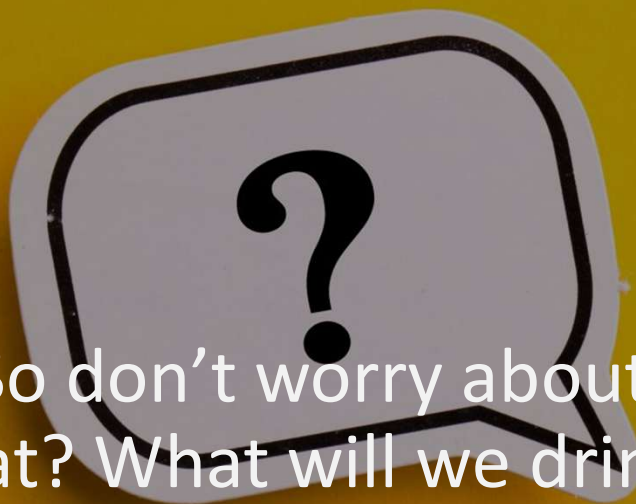
Given the definition,
are you anxious?





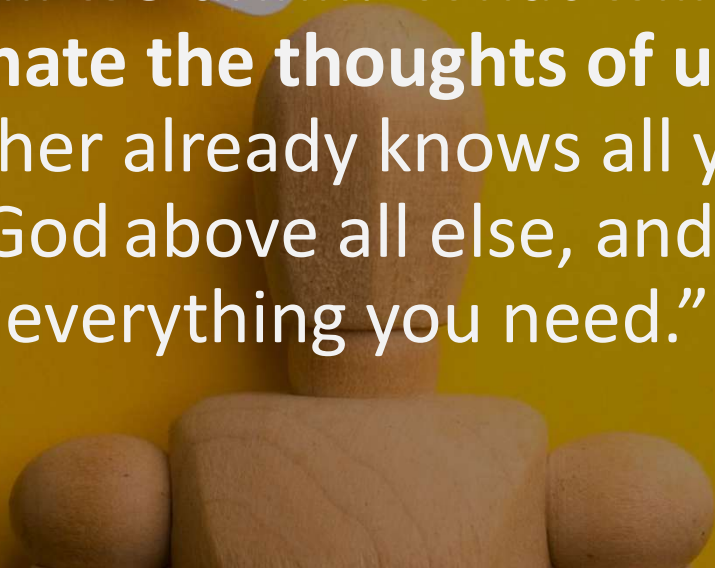
Ask Yourself...

1. What's on my mind?



Matthew 6:31-33 (NLT)

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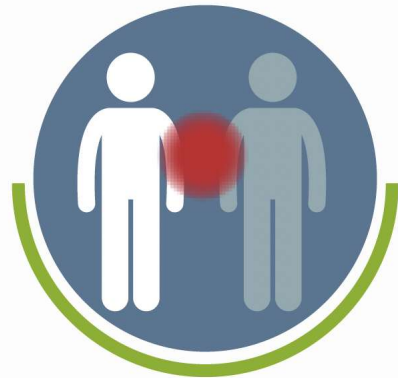


The Four Spaces of Anxiety

Steve Cuss



THE SPACE INSIDE
YOU



THE SPACE BETWEEN
YOU AND ANOTHER



THE SPACE INSIDE
THE OTHER



THE SPACE BETWEEN
OTHERS

Question

What preoccupies
your thoughts these
days?





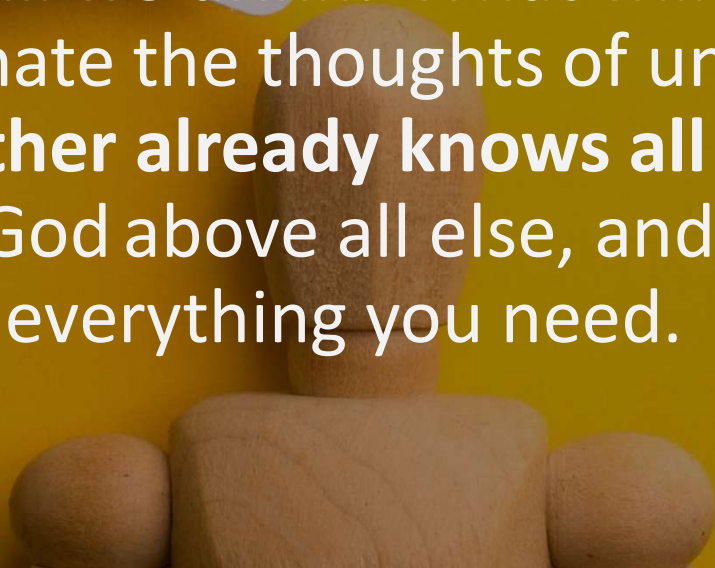
Ask Yourself...

2. Who do I trust?



Matthew 6:31-33 (NLT)

“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, **but your heavenly Father already knows all your needs.** Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.



A man with short brown hair, wearing a grey suit jacket over a blue button-down shirt, is sitting in a chair. He is smiling and looking directly at the camera. His hands are clasped in his lap. The background is a large, dark wooden bookshelf filled with many books. To the left of the man, there is a small table with a lamp that has a white pleated shade. The lighting is warm and focused on the man.

MANAGING ANXIETY: YOURS & THEIRS

Steve Cuss

How Does Anxiety Show Up In You?



A spinning mind?

A racing heart?

A tightening gut?

Question

Into whose hands
are you entrusting
your spirit?





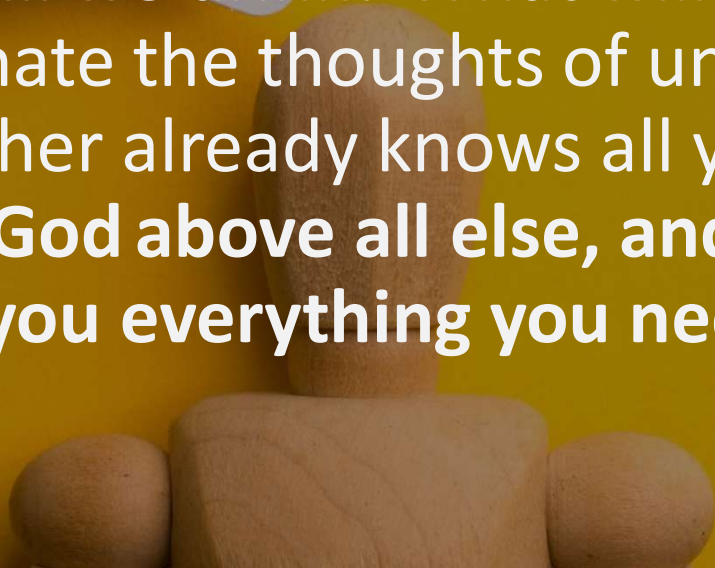
Ask Yourself...

3. What am I looking for?

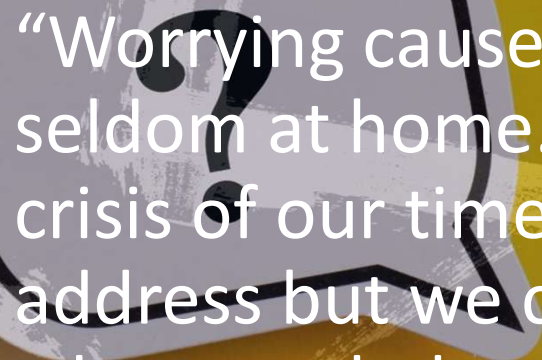


Matthew 6:31-33 (NLT)

“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. **Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.**



What are you looking for?



“Worrying causes us to be all over the place, but seldom at home. One way to express the spiritual crisis of our time is to say that most of us have an address but we cannot be found there. We know where we belong, but we keep being pulled away in many directions, as if we were still homeless.”

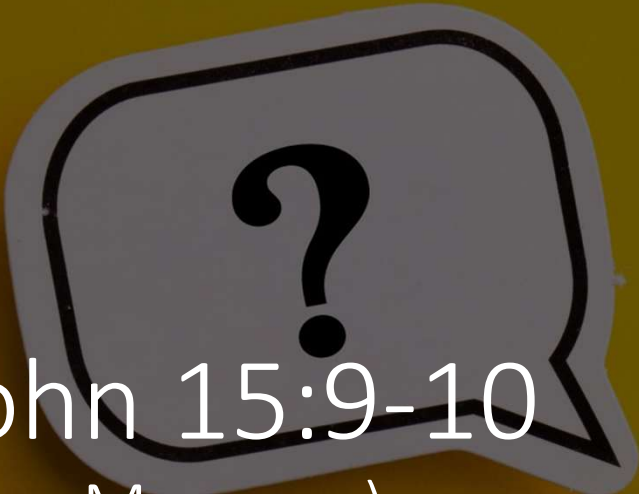
Making All Things New, Henri Nouwen





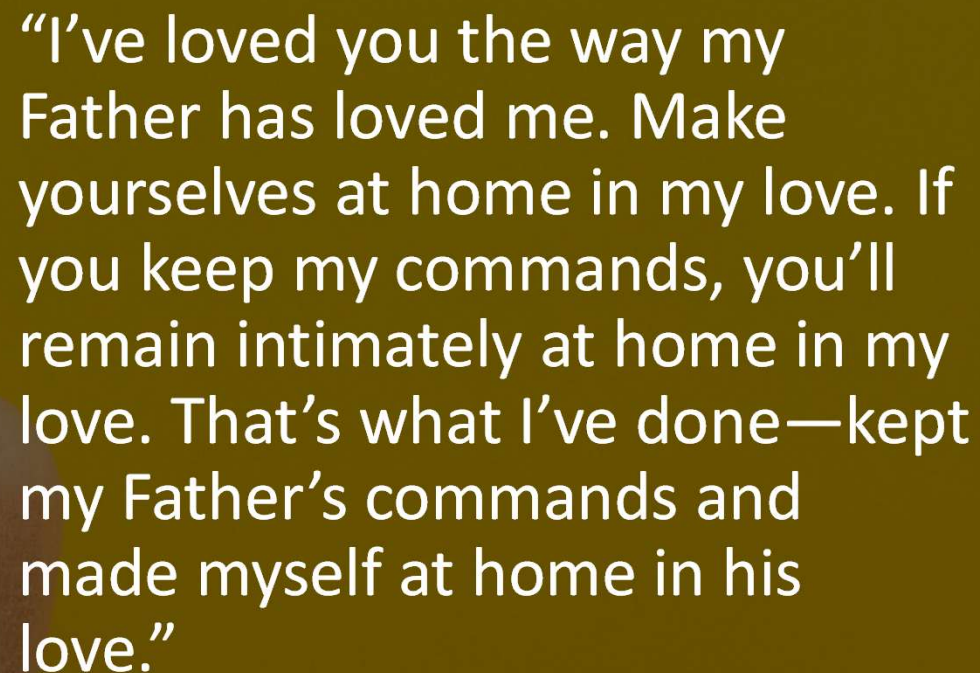
**I STILL HAVEN'T FOUND
WHAT I'M LOOKING FOR**

U2



John 15:9-10

(The Message)



“I’ve loved you the way my Father has loved me. Make yourselves at home in my love. If you keep my commands, you’ll remain intimately at home in my love. That’s what I’ve done—kept my Father’s commands and made myself at home in his love.”

Question

What might it look like for you to make yourself at home in God's love?





Defining Worry

“worry means to be occupied and preoccupied with many things, while at the same time being bored, resentful, depressed, and very lonely.”

Henri Nouwen,
Making All Things New

Anxious? Ask Yourself...



What's on my mind?

Who do I trust?

What am I looking for?





P.R.A.Y.

(Pause/Reflect/Ask/Yield)

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.

Matthew 11:28-29 (NLT)

Word of Blessing

“The LORD bless you and keep you;
The LORD make His face shine upon you,
And be gracious to you;
The LORD lift up His countenance upon you,
And give you peace.” ’

Numbers 6:24-26 (NLT)



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