



Anxious? Jesus' Words on Worry

Iron Mill Church September 2025

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



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





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.”

Anxious? Ask Yourself...

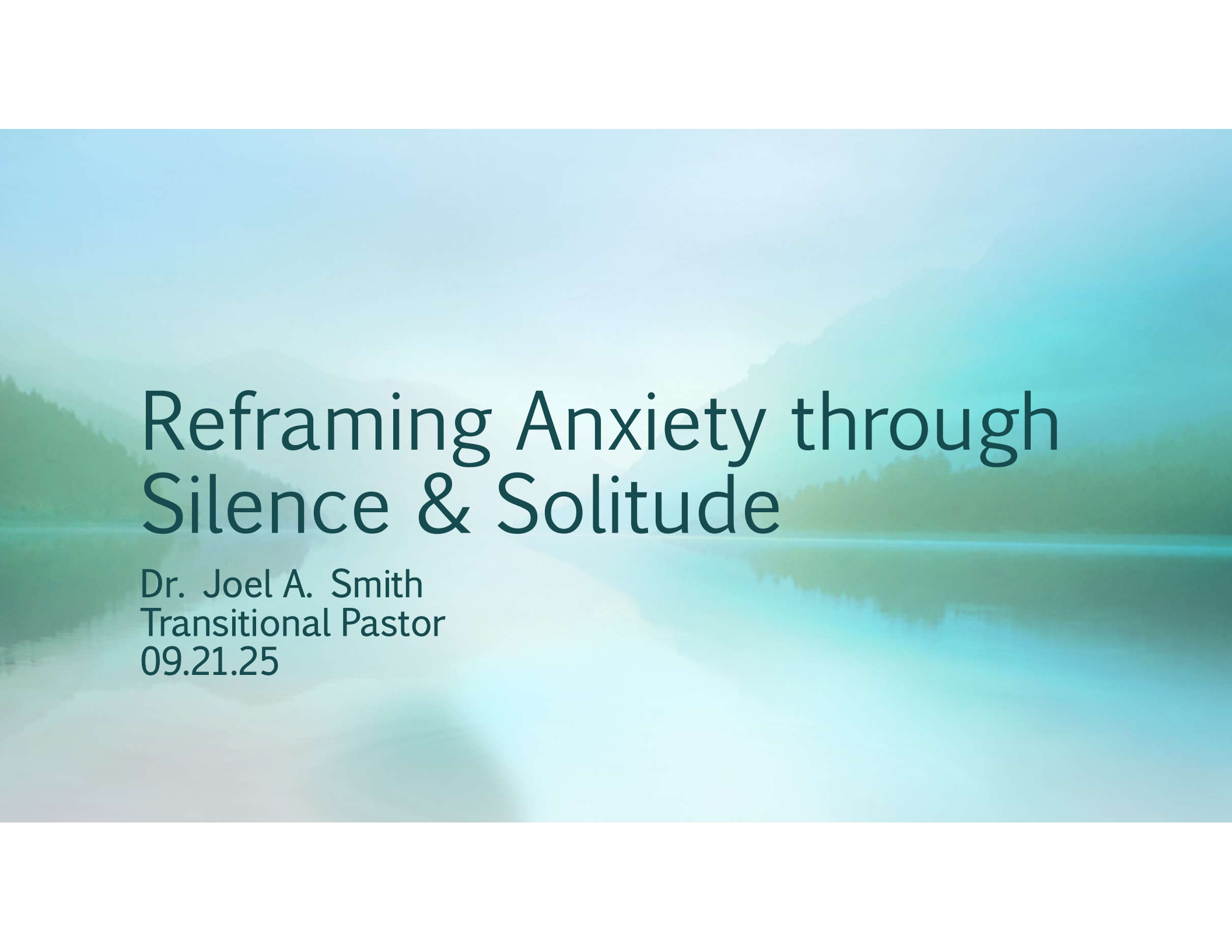


What's on my mind?

Who do I trust?

What am I looking for?



The background of the slide is a misty, teal-toned landscape. It features a calm body of water in the foreground, reflecting the surrounding environment. In the middle ground, there are dark, silhouetted mountains or hills. The sky is a light, hazy blue, blending into the water. The overall atmosphere is serene and quiet, which complements the theme of the presentation.

Reframing Anxiety through Silence & Solitude

Dr. Joel A. Smith
Transitional Pastor
09.21.25

Reframing Anxiety through Silence & Solitude

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

Mark 6:31 (NIV)

Question

Jesus appeared to take every opportunity to “steal away” into the presence of the Father. What will it take for you for that to be your knee jerk reaction to anxious situations?

Reframe Anxiety...

1. Join with Jesus

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “**Come with me by yourselves** to a quiet place and get some rest.” Mark 6:31 (NIV)

The Habits of Grace by David Mathis

- Hear His Voice (Word)
- Have His Ear (Prayer)
- Belong to His Body (Fellowship)

The Habits of Grace by David Mathis

“When all is said and done, our hope is not to be a skilled Bible reader, practiced pray-er, and faithful churchman, but to know the one who ‘understands and knows me...**Knowing and enjoying Jesus is the final end of hearing his voice, having his ear, and belonging to his body.**”

Question

Given your life right now, which one of these might help you join Jesus, leaving anxiety behind?

- God's Word?
- Prayer? or
- Fellowship?

Reframe Anxiety...

2. In a quiet place

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves **to a quiet place** and get some rest.” Mark 6:31 (NIV)

Dallas Willard

“...you must ruthlessly eliminate hurry from your life...hurry is the great enemy of spiritual life in our day.”

Intimacy With The Almighty by Charles Swindoll

- Simplicity—to reorder our private world
- Silence—to be still
- Solitude—to cultivate serenity
- Surrender—to trust the Lord completely

Charles Swindoll

“Solitude has been called *the furnace of transformation...* It is an oasis of the soul where we see ourselves, others and especially our God in new ways. It is where much of the clutter is identified and exterminated, thanks to the merciless heat of the furnace. **Soul surgery transpires as serenity replaces anxiety.**”

Question

What will you do to ruthlessly eliminate hurry from your life?

Reframe Anxiety...

3. Get some rest

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and **get some rest.**” Mark 6:31 (NIV)

The Four Movements of Sabbath

- Stop
- Rest
- Delight
- Reflect

Sacred Rhythms by Ruth Halley Barton

“The spiritual life begins at the most unlikely place. It begins with the longing that stirs way down deep, underneath the noise, the activity, the drivenness of our life.”

Question

Which movement of sabbath rest do you need to engage in the most?

- Stop?
- Rest?
- Delight?
- Reflect?

Reframing Anxiety through Silence & Solitude

“Anxiety dissipates as we join Jesus in a quiet place and get some rest.”

Pause/Reflect/Ask/Yield

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

Mark 6:31 (NIV)

Prayer Partners

Did God reveal something to you this morning that may need to be sealed with prayer? Our prayer partners are available to meet with you in our prayer room to pray for and with you.

Word of Blessing

May anxiety dissipate this week

May you choose to join with Jesus

May you steal away to the quiet place

May you find rest for your soul

Amen.



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