



# Anxious? Jesus' Words on Worry

Iron Mill Church September 2025

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- 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?**



# 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)



## Reframing Anxiety through Silence & Solitude

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



# Anxious? Jesus' Words on Worry

## Our Anxiety Coach

Dr. Joel A. Smith

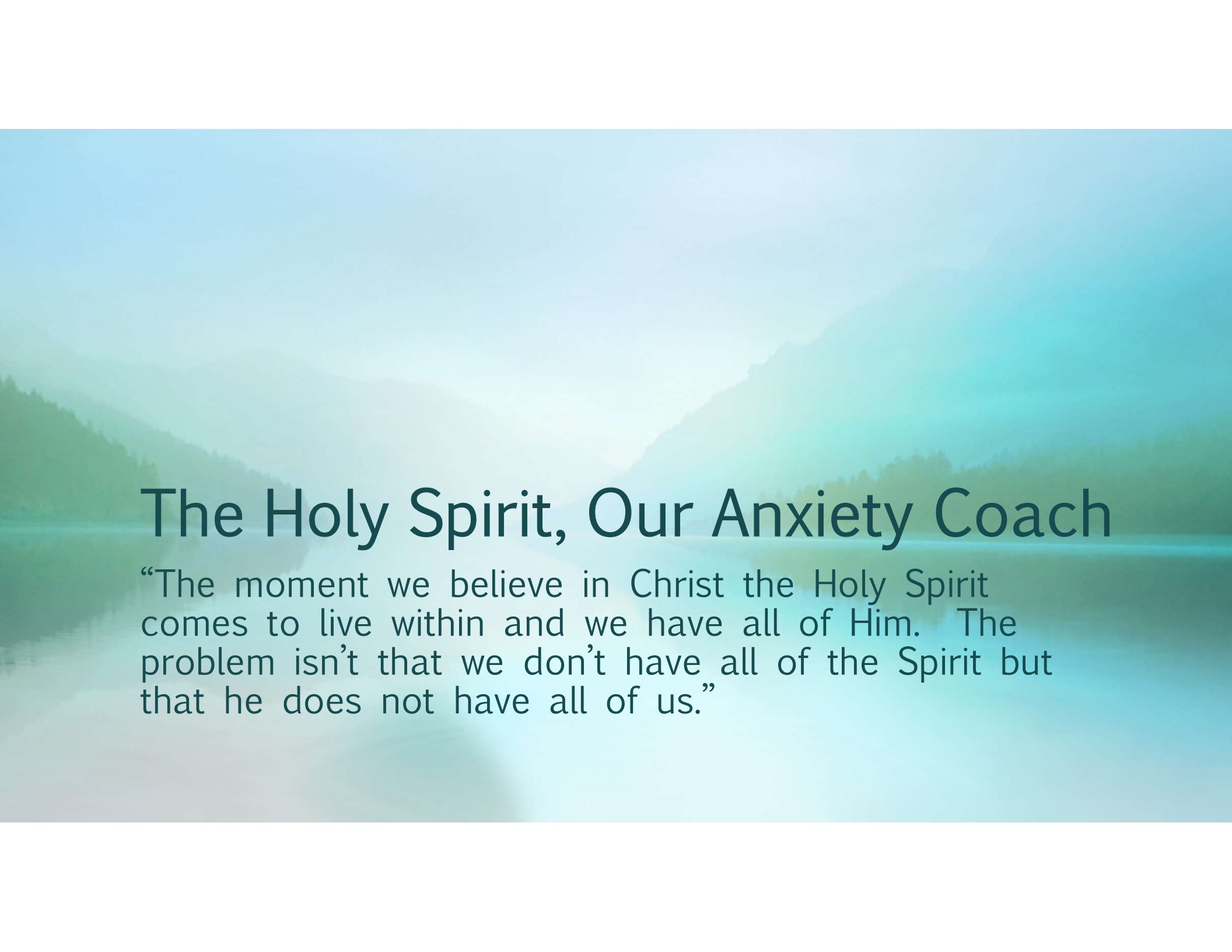
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# Our Anxiety Coach...

## 1. Affirms us

“He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn’t looking for him and doesn’t recognize him. But you know him, because he lives with you now and later will be in you. **No, I will not abandon you as orphans—I will come to you.**”

John 14:17-18 (NLT)



# The Holy Spirit, Our Anxiety Coach

“The moment we believe in Christ the Holy Spirit comes to live within and we have all of Him. The problem isn’t that we don’t have all of the Spirit but that he does not have all of us.”



# Question

What might it look like for you to live in constant and consistent surrender to the person and work of the Holy Spirit?

# Our Anxiety Coach...

## 2. Reminds us

“But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.”

**John 14:26 (NLT)**



# Question

How often do you read and reflect on the scriptures so that the Holy Spirit can guide you to follow Jesus?

# Our Anxiety Coach...

## 3. Stills us

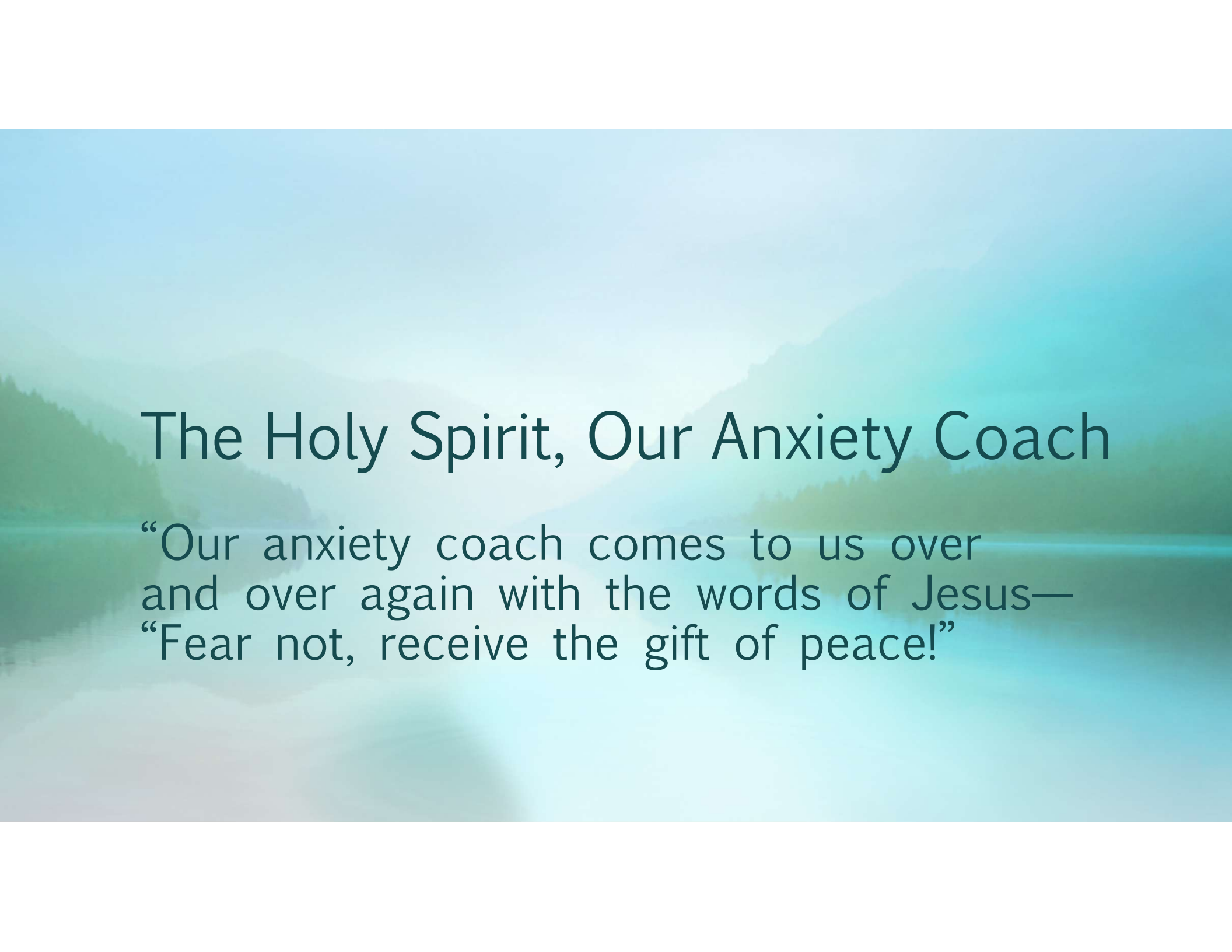
“I am leaving you with a gift—  
peace of mind and heart. And  
the peace I give is a gift the  
world cannot give. So don’t be  
troubled or afraid.”

**John 14:27 (NLT)**

# The Power of Stillness, Dr. A.B. Simpson

Founder of The Christian & Missionary Alliance

“A score of years ago, a friend placed in my hands a little book, which became one of the turning points of my life. It was called “True Peace.” It was an old medieval message, and it had but one thought, and it was this—that God is waiting to talk to me, if I would only get still enough to hear his voice.”

The background of the slide is a soft-focus photograph of a natural landscape. It features rolling green hills or mountains partially shrouded in a light mist or fog. In the foreground, a calm body of water, likely a lake, reflects the soft light and the colors of the sky and mountains. The overall color palette is dominated by cool tones: various shades of blue, teal, and green, creating a peaceful and tranquil atmosphere.

# The Holy Spirit, Our Anxiety Coach

“Our anxiety coach comes to us over  
and over again with the words of Jesus—  
“Fear not, receive the gift of peace!”



# Question

Who do you need to enlist to help you develop the habit of getting alone with God so he can minister to you in the stillness?

A serene landscape with a calm lake reflecting misty mountains and a forested shoreline. The scene is peaceful and calming, with soft colors and a gentle atmosphere.

# Our Anxiety Coach

- Affirms us
- Reminds us
- Stills us



Pause/Reflect/Ask/Yield

“Cast all your anxiety on him because he cares for you.”

1 Peter 5:10

# Play Music Video Here

In The Secret

[https://www.youtube.com/watch?v=QqLShU7E3i4&list=RDQqLShU7E3i4&start\\_radio=1](https://www.youtube.com/watch?v=QqLShU7E3i4&list=RDQqLShU7E3i4&start_radio=1)

A serene landscape with misty mountains and a calm lake. The mountains are covered in green trees and are partially obscured by a light mist. The lake is still, reflecting the colors of the sky and the surrounding landscape. The overall tone is peaceful and contemplative.

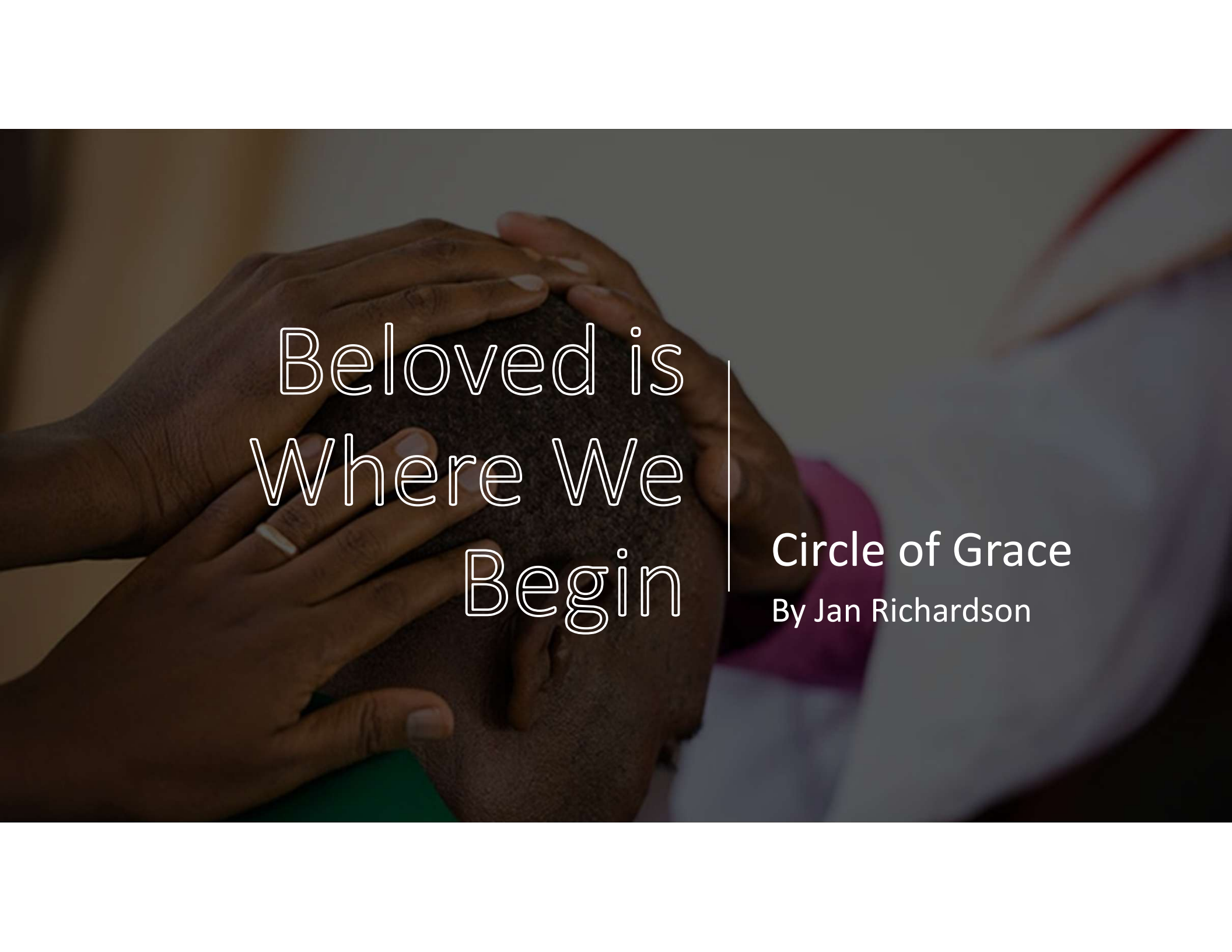
# Prayer Partners

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.

Iron Mill Family

- For welcoming me
- For working with me
- For loving audaciously,  
like Jesus did and does.

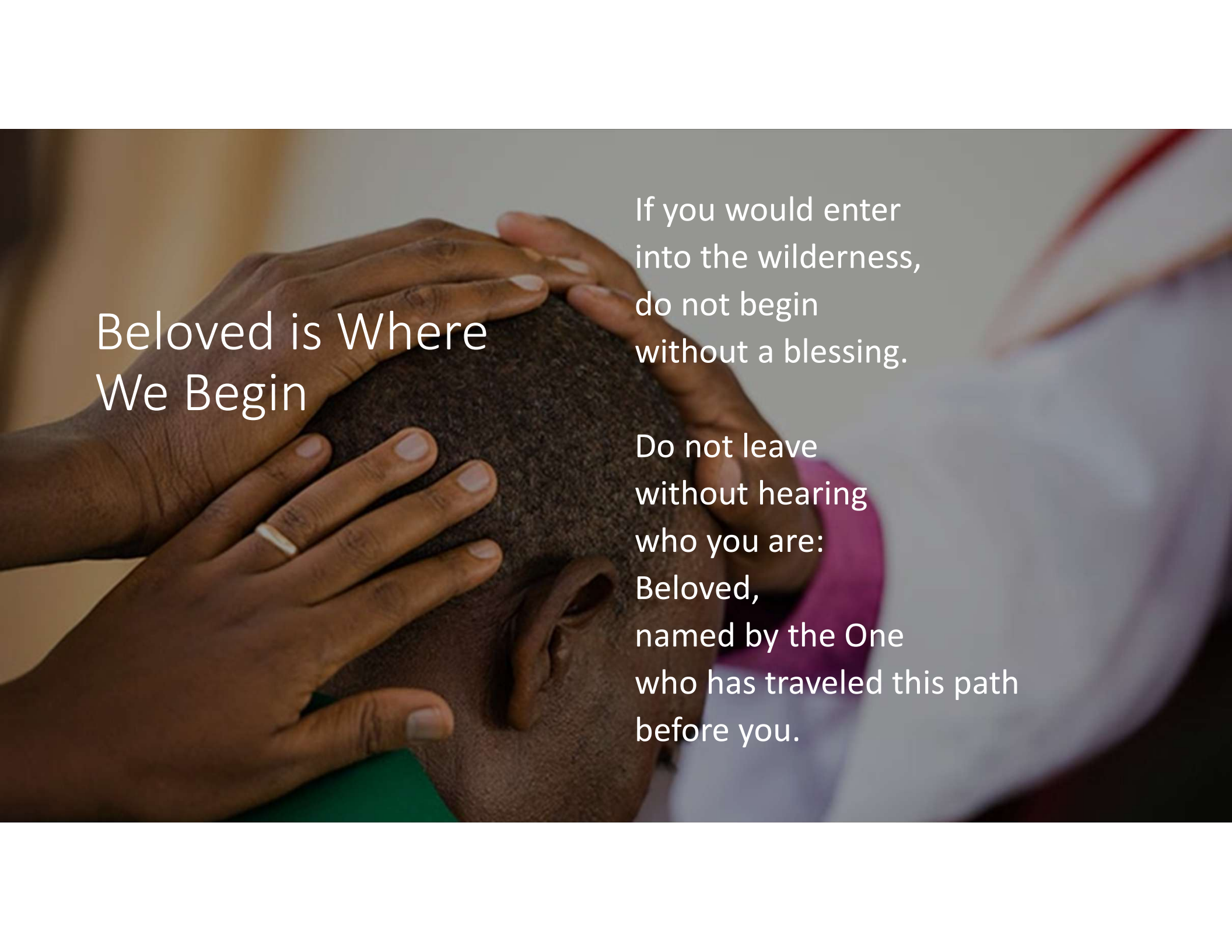
# Thank You



# Beloved is Where We Begin

Circle of Grace

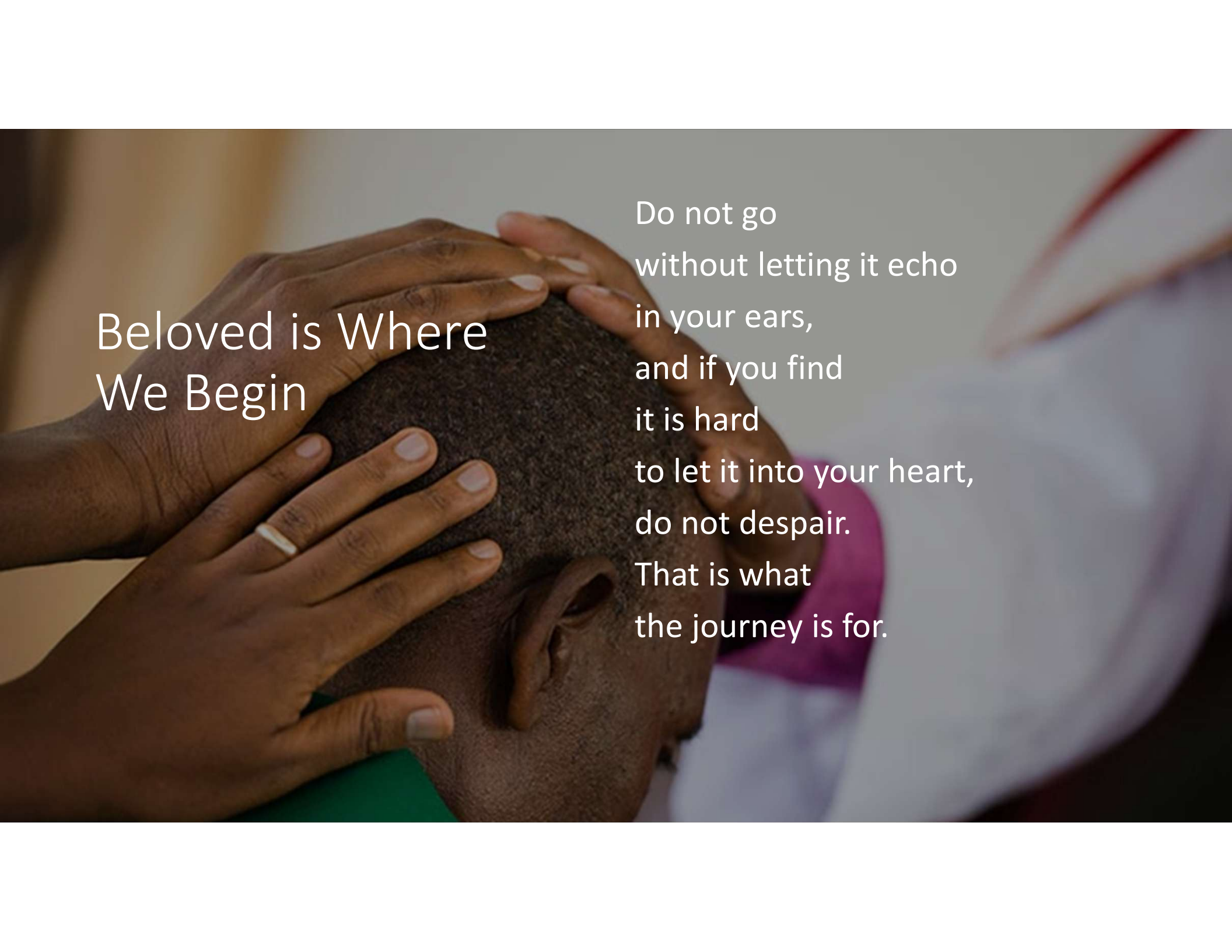
By Jan Richardson



Beloved is Where  
We Begin

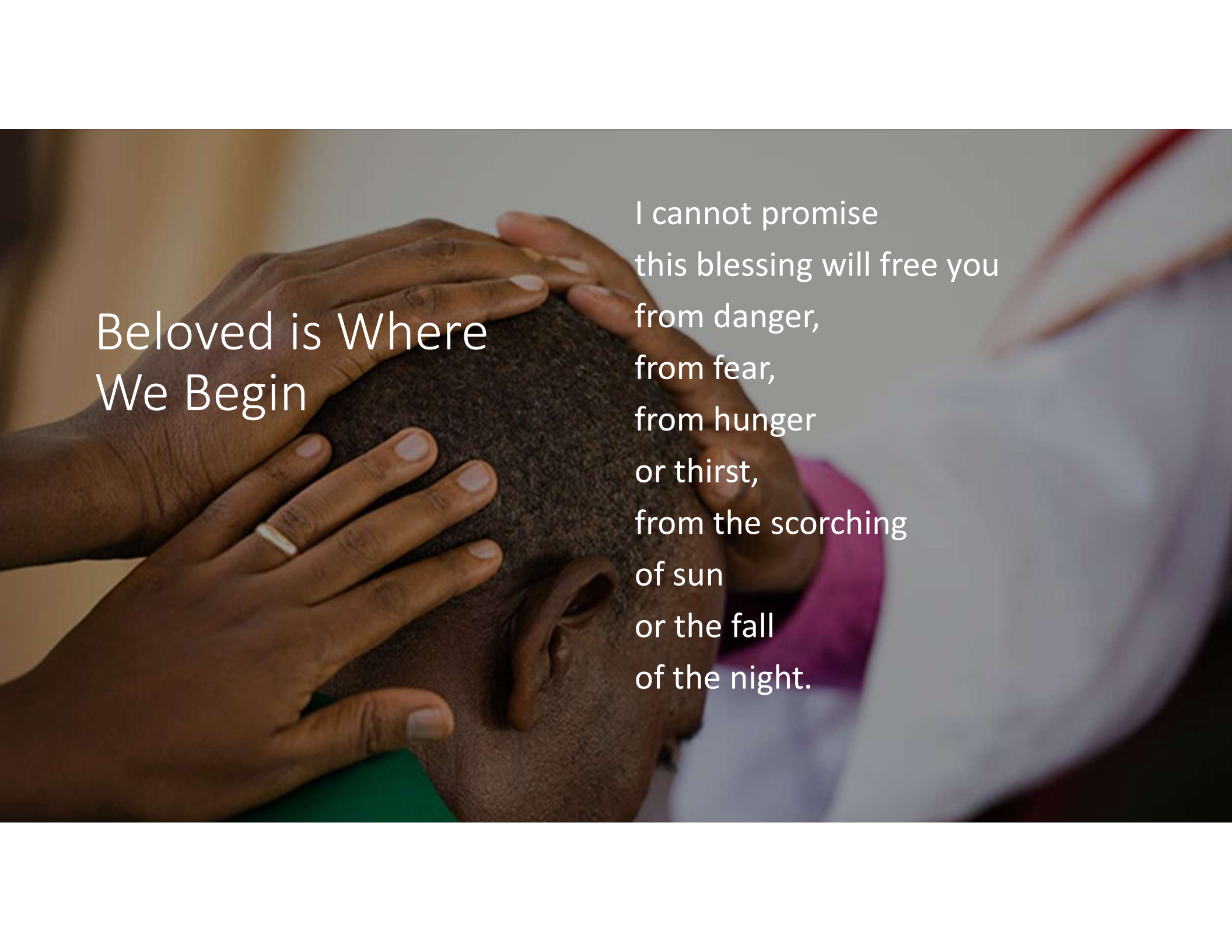
If you would enter  
into the wilderness,  
do not begin  
without a blessing.

Do not leave  
without hearing  
who you are:  
Beloved,  
named by the One  
who has traveled this path  
before you.



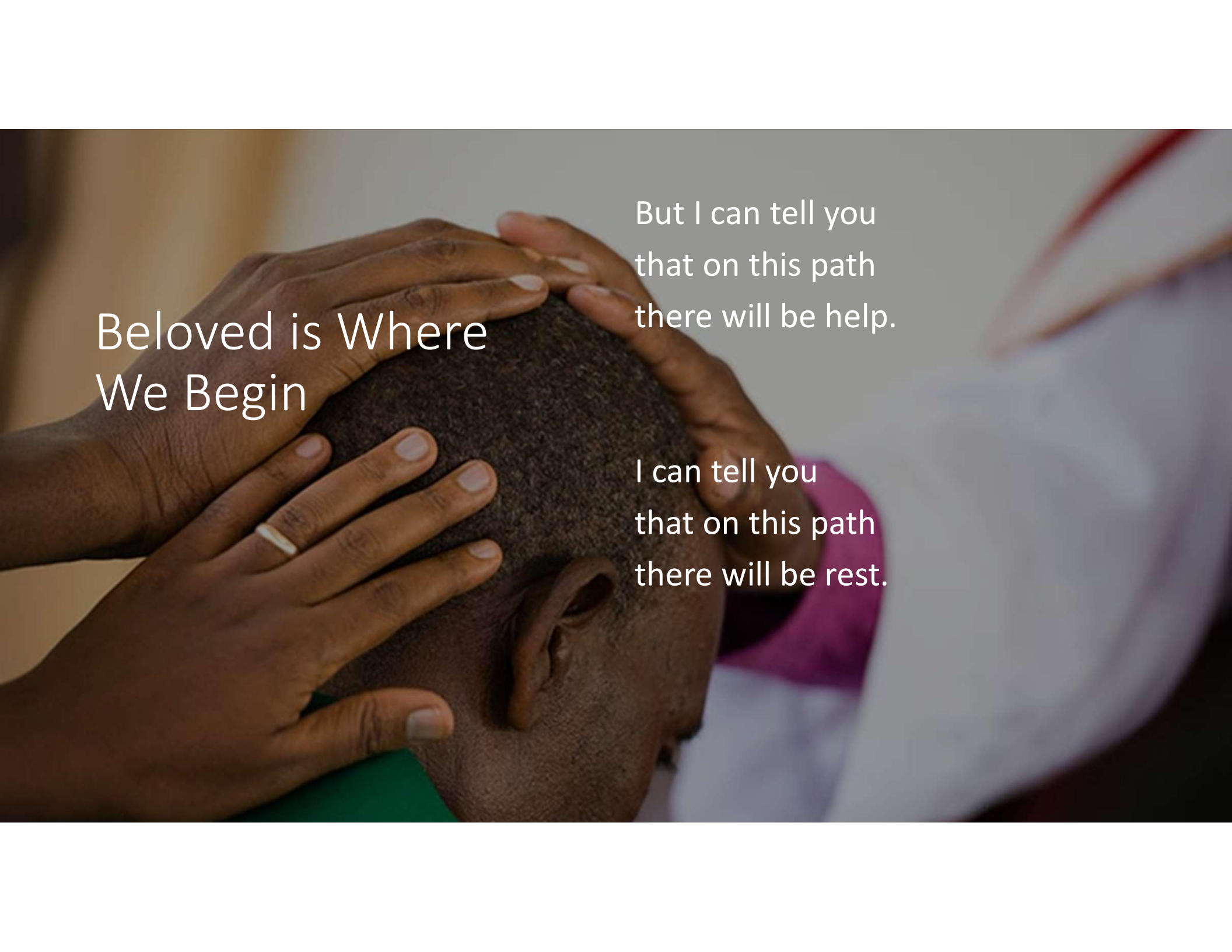
Beloved is Where  
We Begin

Do not go  
without letting it echo  
in your ears,  
and if you find  
it is hard  
to let it into your heart,  
do not despair.  
That is what  
the journey is for.



Beloved is Where  
We Begin

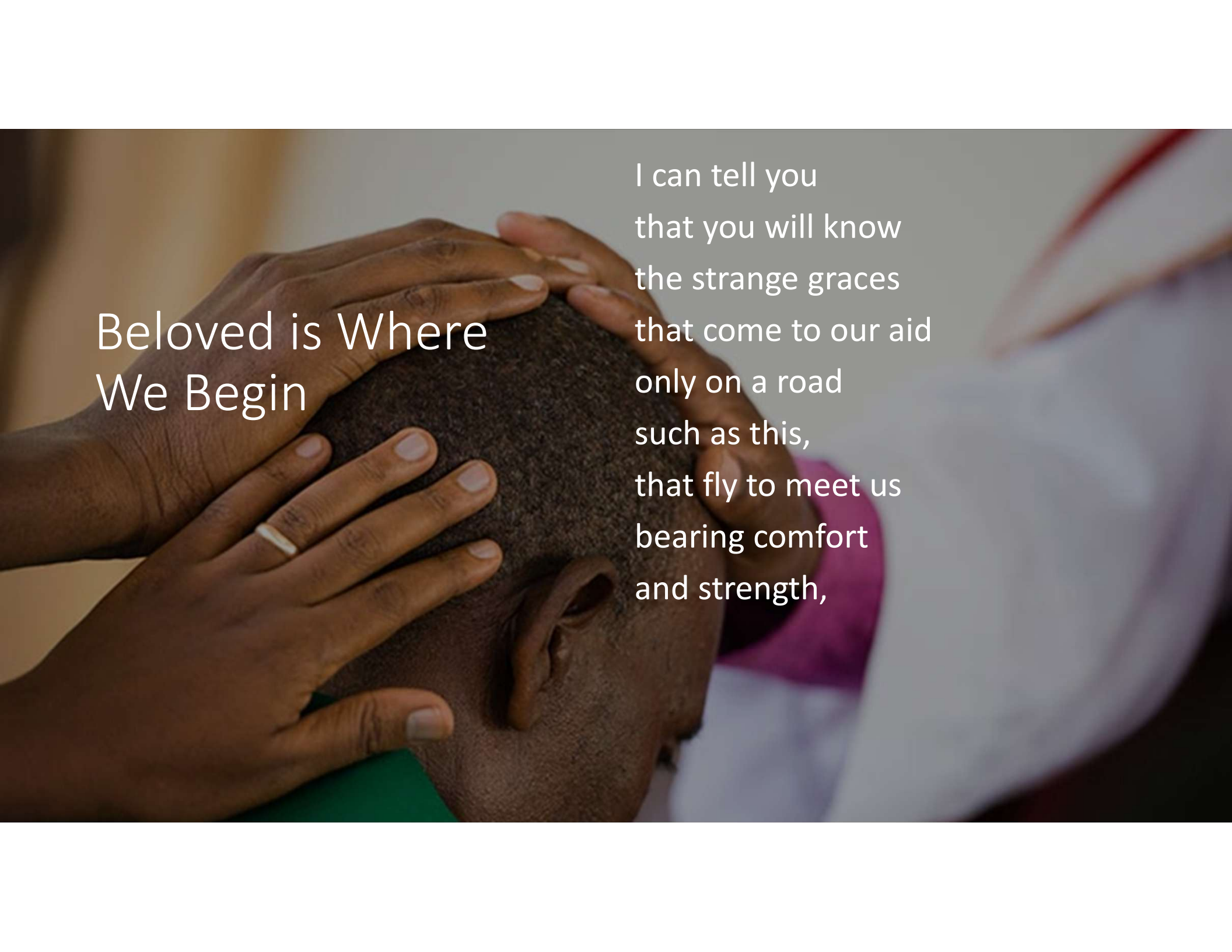
I cannot promise  
this blessing will free you  
from danger,  
from fear,  
from hunger  
or thirst,  
from the scorching  
of sun  
or the fall  
of the night.



Beloved is Where  
We Begin

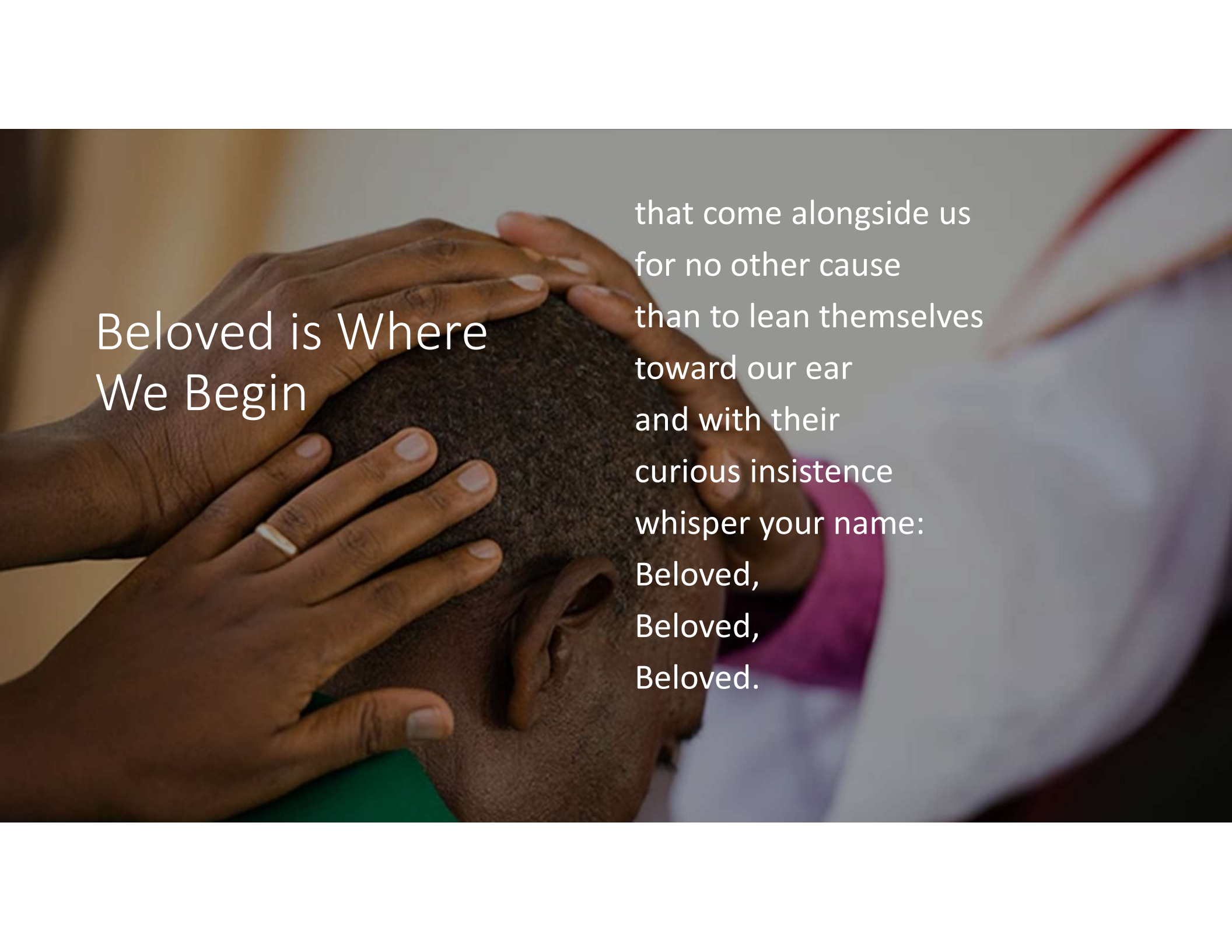
But I can tell you  
that on this path  
there will be help.

I can tell you  
that on this path  
there will be rest.



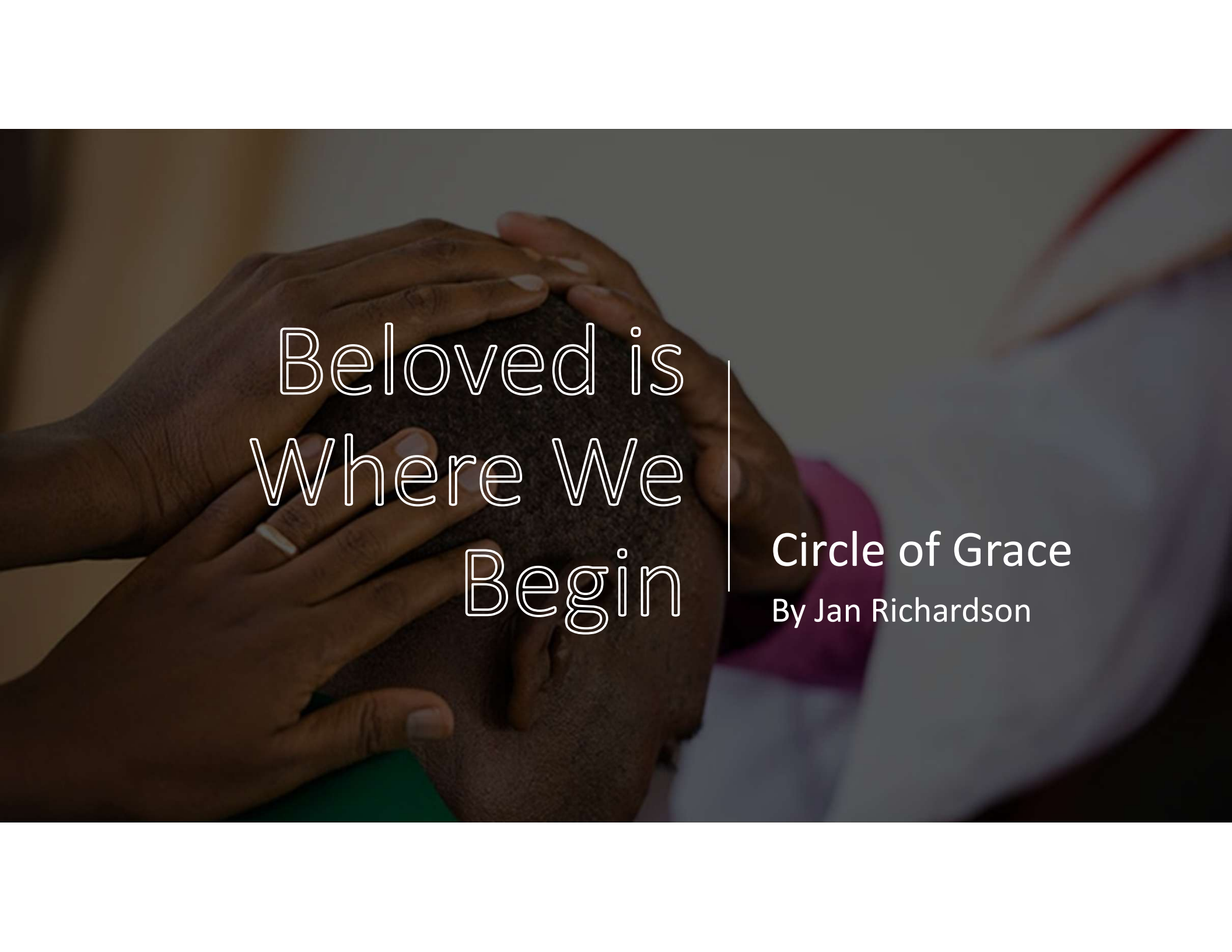
Beloved is Where  
We Begin

I can tell you  
that you will know  
the strange graces  
that come to our aid  
only on a road  
such as this,  
that fly to meet us  
bearing comfort  
and strength,



# Beloved is Where We Begin

that come alongside us  
for no other cause  
than to lean themselves  
toward our ear  
and with their  
curious insistence  
whisper your name:  
Beloved,  
Beloved,  
Beloved.



# Beloved is Where We Begin

Circle of Grace

By Jan Richardson



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