

GETTING THROUGH THE TOUGH STUFF: IT'S ALWAYS SOMETHING!

GETTING THROUGH THE TOUGH STUFF OF ANXIETY

LUKE 10:38-42



The Heart of the Matter

Almost without exception, people and anxiety go hand-in-hand. Though we should know better, we continue to manufacture worries and nurse fears. Yet anxiety is nothing more than wasting today's time and resources to clutter up tomorrow's possibilities with yesterday's struggles. In spite of that, it remains for some a continual preoccupation. This message takes a straight look at this energy-draining reality. By seeing it at work in another's life, we may gain sufficient perspective to get through the tough stuff of anxiety.



Discovering the Way

1. A Quick Analysis of Anxiety (Philippians 4:4-7)

First, anxiety strangles God's viewpoint, resulting in fear. Second, it chokes our discernment of the essentials, distracting us. Third, it takes away our ability to relax, so we become unfruitful. Fourth, it siphons our joy, making us negative and judgmental.

2. A First-Century Portrayal of the Problem (Luke 10:38-42)

When Jesus visited His friends Mary, Martha, and Lazarus at their home in Bethany (Luke 10:38-39), Mary was content to sit quietly at Jesus's feet, while Martha worried over serving (10:39-40). The Lord counseled Martha to slow down, simplify, and prioritize (10:41-42).



Starting Your Journey

If you struggle with worry, pause and pray. Ask the Lord to stop you in your tracks, to open your ears, to slow your pace, to enable you to see yourself in the mirror of the Word, and then to change your fear into faith. If we make an up-close-and-personal examination of our worry, we realize that worry makes us angry, doubtful, fearful, and forgetful.



Tools for Digging Deeper



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