

Devotion Emotion

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Scripture Notes

Matthew 6:24-34

Idea: Your point of greatest devotion will be the point of greatest emotion.

Introduction

This is a series about stress/anxiety. I want to begin with three questions:

1. Who of you by worrying can add a single good hour to your lives?
2. Who of you has worried so much that you think your anxiety may have taken a year or so off your life expectancy?
3. Is there anything more valuable to you than staying alive? Will worrying contribute to the thing you value more than life?

So, if worry won't add to your life, won't contribute to anything you value more than your life, and if worry has the potential to shorten your life, then don't worry about tomorrow. Tomorrow will take care of itself. Okay. Questions? Let's pray!

The point of this series is not to say:

- Your situation is not so bad.
- Things are going to be fine.
- You don't have any reason to be concerned.

That's not helpful. That's denial. But if Jesus is correct, our situations can be bad, things won't necessarily be fine, and we may have reason to be concerned—but we do not have to WORRY.

But how do you stop worrying? You don't stop worrying by trying to stop worrying any more than you can stop thinking about something by trying to stop thinking about something . . . or trying to go to sleep . . .

Many good books have been published on this. For the next three weeks, we are going to look at what Jesus and other biblical authors had to say on this subject.

First century Jews/Christians had a lot to worry about. The three people who we get the most advice from had the most to worry about. Their circumstances dwarf ours in terms of what was at stake: a Jewish Christian who felt compelled to convert the Greek world, a prophet required to give threatening news to a hostile king, and Jesus. Two lost their lives in the line of duty and the third came close. These weren't motivational speakers. Their insights on the subject of anxiety, worry, and stress were born from anxiety-ridden, stressful environments.

Turn to Matthew 6:24