

Sermon Notes:

Where To Put Worried Eyes?

Short Sermon Series: Wrestling With Worry And Arresting Anxiety #4

If you worry, no one here is judging you. I worry too. I worried when I had COVID. And that resulted in this little series of sermons. So where do you look when you worry? Where do you place your attention? Where do you put worried eyes? The problem with anxiety and worry is that they take our focus and we see nothing else.

1. EYES ON THE ...

Matthew 6:25-26, 28-29, 30

So I tell you, don't worry about your life, what you will eat or drink; or about your body, what you will wear... Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ... And why are you anxious about clothing? Observe the flowers of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these... But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the fire, will he not much more clothe you?

Psalms 131:1-2

My eyes are not arrogant;

I do not concern myself with great matters or things too high for me.

2. EYES ON THE ...

Psalms 19

*The heavens declare the glory of God;
the skies proclaim the work of God's hands.
Day after day they pour forth speech;
night after night they reveal knowledge.
They have no speech, they use no words...
Yet their voice goes out to all the earth.*

Genesis 15:3,5-6

Abram said, "Look you have given me no children, and a member of my household will be my heir..." And God brought him outside and said, "Look to the skies and number the stars, if

you are able to number them." Then he said to him, "So shall your offspring be." And he believed the Lord, and he counted it to him as righteousness.

Abram did have children countless like stars and you are one of them. Children not of human desire, but of simple trust and grace, welcomed by God as a free gift of grace.

Job 38:1,7

Then the LORD spoke to Job out of the storm. "Where were you when I laid the foundation of the earth? ... "When the morning stars sang together and all the children of God shouted for joy?"

Psalms 8:3-4,9

When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, What is man that you are mindful of him, and the son of man that you care for him? ... O Lord, our Lord, how majestic is your name in all the earth!

3. EYES ON THE ...

2 Corinthians 4:16-17

So we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal...

Momentary light troubles = *parautika elaphros thlipsis*

Eternal heavy glory = *aionios baros doxa*

God's glory is of great weight, solidity, substance. God's reality is heavier – more weighty than all the things you've ever experienced put together. Spiritual things are 'heavy weighty solid' realities. A single particle of heaven weighs more than this entire planet! Perhaps we could change it up a bit and say "first life problems!" Realize there is more out there than just this. You didn't earn it. You didn't work for it. It's a gift of grace, Jesus earned it for you on the cross. This world can get really bad, but nothing can take that from you, because Jesus won it for you.

Jesus is the great God who became small for you.

Jesus is the One who put each star in place.

Jesus, for a time is unseen, is close as your breath.

Jesus has you!