Growing Through Anxiety

Luke 10:38–42

Pastor Alan Feere · Sunday Morning · May 3, 2026

INTRODUCTION

Jesus shares something with Martha, that perhaps she hadn't previously recognized… she was suffering from anxiety and finding ways to "keep busy" to ease the tension.

Luke 10:41–42 *…Martha, Martha, thou art careful and troubled about many things: But one thing is needful…*

She had a priority problem! Her priority problem led to a patience problem!

I. The _____ of Anxiety (1 Peter 5:7)

1 Peter 5:7 *Casting all your care upon him; for he careth for you.*

A. The _____ of Anxiety

It pulls one away from what we should be focused on.

Luke 21:34

B. The _____ of Anxiety

Matthew 13:22

Mary did not let her troubles distract her from what was really important!

II. The _____ of Your Ability

Martha had a plan. She would keep busy! But that is contrary to Scripture…

Proverbs 3:5–6 *Trust in the LORD with all thine heart; and lean not unto thine own understanding.*

Matthew 11:28–30

Martha chose to stay burdened… Mary laid her burden down at the feet of Jesus.

III. The _____ of Christ's Authority

The problem with anxiety… is that it is often cyclical.

John 12:1–3

Martha is back in the kitchen, Mary is still at His feet!

Peter instructs us to cast all our care upon Him! This is a term of surrender… don't pick it up again.

Luke 7:6–9

Jesus has the authority and power to take care of your every need.

IV. The Discipline of _____

It was Mary who was abiding in Christ! Philippians 4 gives us some steps…

Philippians 4:4–9

A. Rejoice in His _____ (v. 4)

Joy comes from Jesus not your circumstances

B. Reminded of His _____ (v. 5)

Never alone!

C. Request in _____ (v. 6)

Take your needs, with thanksgiving to God

D. Remain _____ in your Thinking (v. 8)

Don't dwell on the darkness… pick up your Bible, count your blessings, start thanking God for what He has done.

E. Realize _____ (vv. 7 & 9)

Philippians 4:7 *And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*

MY NOTES