

SUMMER AT THE MOVIES

The Lion King - No Worries

MORE THAN A SONG

A. The problem with worry

1. It takes a physical toll on our bodies
2. It affects our emotions in a negative way - draining not replenishing
3. Worry is amazingly inefficient - the mental equivalent of the "hamster in the wheel"

B. Jesus addressed worry directly in His teachings (*Matthew 6:31-34 NKJV*)

1. He contrasted people who had no relationship with God - with those who did
2. Advocated taking one day at a time

A MAN WHO DEALT WITH A MAJOR PROBLEM (*Mark 5:21-24; 35-43 NKJV*)

A. Facing a disaster not a dilemma

1. Dilemma would indicate he had a choice

B. He came to Jesus

1. He came in an humble way - fell at his feet
2. His words indicated that he believed that Jesus could do something about his situation
3. He put his situation in Jesus' hands

C. Jairus encountered some problems on the way to reach his daughter

1. Jesus stopped to minister to a lady who had been healed
2. The news came from home that his daughter had died

D. Jairus kept the problem in Jesus' hands

1. Could have panicked and run home
2. Instead he obeyed Jesus instructions to not give in to fear but keep believing
3. Jesus solved his problem and raised his little girl from the dead

NO WORRIES

A. Buy into the possibility of reducing and eliminating worry

1. There is no "worry gene"
2. Worry is a practice that has been developed in our lives

B. Worry about it or pray about it (*Philippians 4:6 NIV*)

1. Just as Jairus came to the Lord, we can come to God in prayer
2. When we pray and ask for God's help; we put the situation in His hands

C. Recognize and resist the challenge to take the problem back

1. Thoughts will come - don't give voice to them
2. Have replacement thoughts on hand
3. Jesus' words to Jairus are still powerful to us today

D. Believe in God's personal care for you

1. The foundation of reducing and eliminating worry is our relationship with our Heavenly Father
(*1 Peter 5:6-7 NKJV*)

