



Melbourne
Inclusive Church
Come as you are.

Anxious for Nothing Sermon Notes

Key Point: Worry is a Weight. An encouraging Word is the Lift.

"Worry weighs a person down; an encouraging word cheers a person up."

Proverbs 12:25 (NLT)

Anxiety isn't a mood — it's a weightiness. The "good word" strong enough to lift it is bigger than encouragement; it's the good news of who God is and what God has done for us in sending Jesus in the flesh to take on our burdens.

"Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall."

Psalms 55:22 (NLT)

Key Point: The Good News Has a Face

"The Spirit of the Lord is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free, and that the time of the Lord's favor has come."

Luke 4:18–19 (NLT)

Jesus isn't handing out information about God — he IS the good news, in person. Anxiety is its own kind of prison, a mind held hostage by a fear that hasn't even happened yet. That's exactly the captivity he came to break as we learn to trust Him.

Key Point: "Where's Your Faith?" — The Boat Freakout

"As evening came, Jesus said to his disciples, 'Let's cross to the other side of the lake.' So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water. Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, 'Teacher, don't you care that we're going to drown?' When Jesus woke up, he rebuked the wind and said to the waves, 'Silence! Be still!' Suddenly the wind stopped, and there was a great calm. Then he asked them, 'Why are you afraid? Do you still have no faith?' The disciples were absolutely terrified. 'Who is this man?' they asked each other. 'Even the wind and waves obey him!'"

Mark 4:35–41 (NLT)

Before anyone got in the boat, Jesus already told them where they were headed — that's a promise. The storm doesn't cancel it; it just tests whether we're watching the promise or watching the waves. Keep your eyes on the promise keeper.

Key Point: Worrying Adds Zero Minutes to Your Life

“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life? “And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? “So don't worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. “So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.”

Matthew 6:25–34 (NLT)

Worry has never once solved anything. Jesus isn't saying "don't plan" or "don't care" — he's saying stop trying to run tomorrow in your head. Put your energy toward God's kingdom and trust him with the rest, one day at a time.

Key Point: Come to Me — Swap Your Weight for His

“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

Matthew 11:28–30 (NLT)

Jesus isn't stacking a second burden on top of our first one — his yoke replaces ours. Taking his yoke means handing him what we've been white-knuckling and letting him carry the load.

Key Point: Even Jesus Got Anxious

"“Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.” Then an angel from heaven appeared and strengthened him. He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.”

Luke 22:42–44 (NLT)

Hours before the cross, Jesus — fully God, fully human — asked God to take the coming pain away. He was honest with God, he submitted to God's plan, and strength showed up to meet him. If the sinless Son of God got anxious and brought it to God, our anxiety isn't a faith fail — it's an invitation to do what he did.

Key Point: Don't Spiral — Pray Instead

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6–7 (NIV)

Paul wrote this from prison, not a beach house. "Petition" means being specific — an actual, direct ask. "Thanksgiving" means bringing that request without the complaining. Do both, and a peace that doesn't make sense given the situation, stands guard over our minds.

Key Point: Give It All to Him

"Cast all your anxiety on him because he cares for you."

1 Peter 5:7 (NIV)

"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."

John 14:27 (NLT)

Handing our anxiety over isn't a magic trick that instantly fixes our circumstances. It's trusting the character of someone who cares about our situation more than we can fathom.

This Week and Every Day

Being human under pressure hasn't changed since Gethsemane. The question isn't whether storms are coming — they are. The question is what gets our attention when they hit.

Key Point: Text God First, Not Last

When anxiety spikes, our first move is usually anyone or anything except God. Make God the first move, not the last resort: “God, I need you. This is a lot right now. Do something.” That's the honest, specific ask Philippians 4 is talking about.

Key Point: Remember the Promise When Things Get Loud

We're not promised a storm-free life — we're promised he's in the boat with us. The storm is real. The promise is also real. Faith is choosing, over and over, which one we look at and trust.

Key Point: Make the Trade

Whatever you're carrying solo this week — money stress, health stuff, someone you love, what people think of you — Jesus isn't telling you to carry it better. He's telling you to hand it off, as many times as you need to do so.

Key Point: Chase the Kingdom, Not the Outcome

When our focus shifts to what God's doing, the stuff we were anxious about gets handled — not because we stopped caring, but because we stopped trying to white-knuckle it ourselves.

Struggling with anxiety doesn't mean our faith is broken — it means we're human, in a world that actually has storms in it. The good news was never a technique or a five-step plan. It's a person. Jesus already stood up in the boat and calmed the wind. Whatever storm you're in right now, the promise still stands. You're getting to the other side. Cast it on him — because he actually cares. Look to Jesus.

Prayer

God, thank you that you keep your promises. Thank you that you've got this — even when the answer isn't what we hoped for. Thank you for who you are and thank you for the cross. I'm handing you every anxious thought that I'm carrying right now, and asking for that peace that doesn't even make sense to guard my heart and my mind in Jesus. I love you. Amen.