

Dr. Nicolas Ellen

“Search me, O God, and know my heart; try me and know my anxious thoughts;”  
- Psalm 139:23

“Anxiety in a man’s heart weighs it down, but a good word makes it glad.”  
- Proverbs 12:25

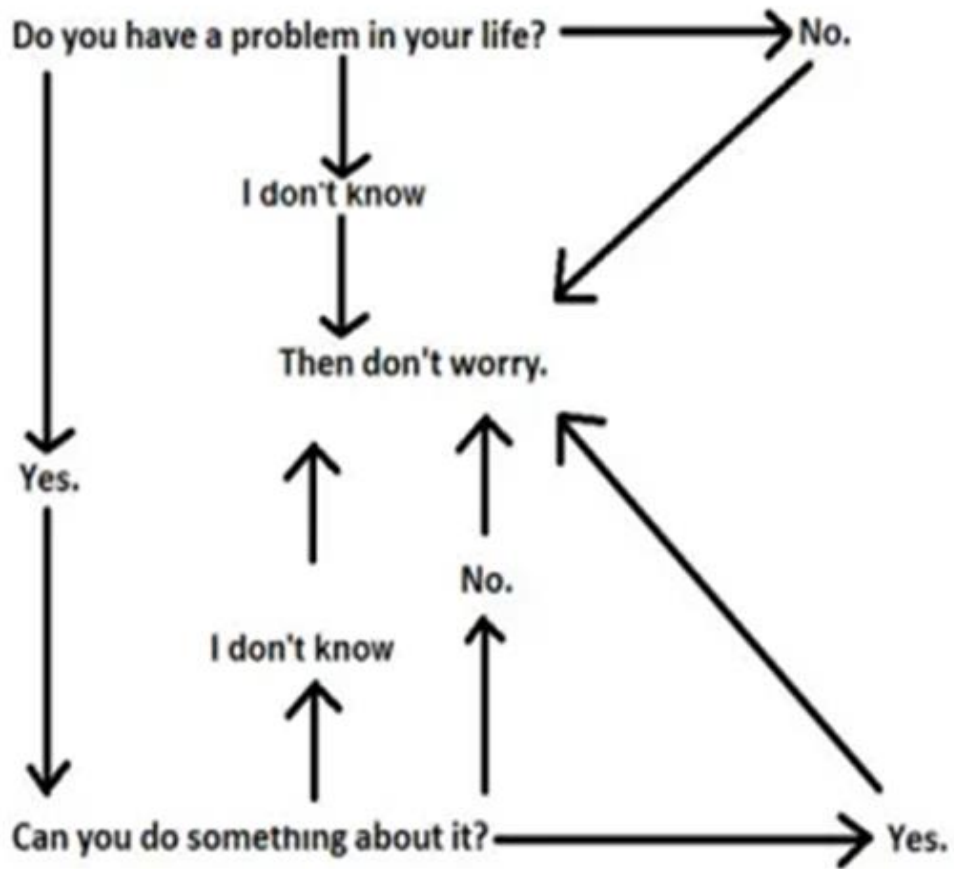
- I. David asked God to reveal his ***anxious*** thoughts in Psalm 139:23. In the context of this passage ***anxious*** means worry. Worry can create a heavy burden in one’s heart. When something is a heavy burden it can ***consume you and control you*** (Proverbs 12:25). These verses help us understand the ***characteristics*** and ***content*** of worry.
  - A. Worry can be defined as ***disturbing*** or ***disquieting*** thoughts of the mind due to a preoccupation with the possibility of *not getting* something you want or need that is very important to you.
  - B. Worry can be defined as ***disturbing*** or ***disquieting*** thoughts of the mind due to a preoccupation with the possibility of *losing* something you want or need that is very important to you.
  - C. Worry can be defined as ***disturbing*** or ***disquieting*** thoughts of the mind due to a preoccupation with the possibility of *getting* something you do not want or need that is very important to you.
  - D. As a result of worry, you are ***consumed*** and ***controlled*** by the *outcome of situations/circumstances*, causing your heart to be loaded down with this burden.
  - E. As a result of worry, you are ***consumed*** and ***controlled*** by the *responses and reactions of people*, causing your heart to be loaded down with this burden.
  - F. As a result of worry, you are ***consumed*** and ***controlled*** by *issues of life* whereby you cannot *cause something to happen* or you cannot *keep something from happening*.
  - G. Worry reveals that one has ***disturbing*** or ***disquieting*** thoughts of the mind because they are ***consumed*** and ***controlled*** by *issues of life* whereby they *cannot cause something to happen* or cannot *keep something from happening* in relation to a ***want*** or ***need*** that has become an ***inordinate treasure*** of the heart.

**II. Therefore, let us consider some implications for the Coronavirus experience:**

- A. Many people are having ***disturbing*** or ***disquieting*** thoughts about the coronavirus, thinking about what it may *cause them to lose* (e.g. health, security, stability, comfort, money, property, possessions, life, etc.).
- B. Many people are having ***disturbing*** or ***disquieting*** thoughts about the coronavirus, thinking about what it may *keep them from gaining* (e.g. health, security, stability, comfort, money, property, possessions, life, etc.).
- C. In essence, where there is **worry**, i.e. ***disturbing*** or ***disquieting*** thoughts in relation to the coronavirus, one has become ***consumed*** and ***controlled*** by something they ***treasure*** in an ***inordinate way***. They cannot *cause something to happen* or *keep something from happening* in relation to this ***inordinate treasure*** of the heart, resulting in worrying about it (e.g. health, security, stability, comfort, money, property, possessions, life, etc.).

**III. Now, let us walk through the practical steps to overcome worry in this Coronavirus experience:**

- A. In order to overcome worry, you must learn what it is that you treasure above the character of God that is leading to your worry (e.g. health, security, stability, comfort, money, property, possessions, life, etc.).
- B. Next, you have to repent of your worry by accepting the fact that whatever God allows to be taken from you or allows you not to have in the midst of this coronavirus experience, He will make up the difference with His presence, provision, and promises in place of what you may not be able to gain or what you may lose.
- C. Then, you must identify what attribute of God He wants you to embrace in place of worry in relation to this coronavirus experience (e.g. His supremacy, His sovereignty, His sufficiency, His wisdom, His love, His faithfulness, etc.).
- D. Finally, you must take responsibility for what you can control and obey God accordingly in your roles and responsibilities, learning to enjoy the good and endure the bad, while living for Jesus through the coronavirus experience.



Melanie Pinola. "This Flowchart Tells You When to Worry About Anything." *Life Hacker*. September 24, 2014. Accessed April 2, 2020. <https://lifehacker.com/this-flow-chart-tells-you-when-to-worry-about-anything-1638610395>.