



MONSTERS IN THE CLOSET

Confronting the Fears that Often
Hold Us Back in Our Spiritual Lives



THE MONSTER OF
WORRY

²⁵ Worry weighs a person down;

PROVERBS 12:25A NLT

WHAT IS WRONG WITH WORRY?

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- Worry extinguishes our joy
- Worry produces obsessive control in life
- Worry draws us to irrational conclusions
- Worry leads to personal isolation

The image features a black background. In the center, the text "THE SOURCE OF WORRY" is displayed. "THE" and "OF WORRY" are in white, while "SOURCE" is in yellow and underlined. To the left and right of the text are two yellow eyes with black pupils. At the bottom, there is a white jagged shape resembling a torn edge or a mouth.

THE SOURCE
OF WORRY

¹⁹That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders. Suddenly, Jesus was standing there among them! "Peace be with you," he said. ²⁰As he spoke, he showed them the wounds in his hands and his side. They were filled with joy when they saw the Lord! ²¹Again he said, "Peace be with you".

JOHN 20:19-21 NLT

1 God is our refuge and strength,
always ready to help in times of trouble.

2 So we will not fear when earthquakes come
and the mountains crumble into the sea.

3 Let the oceans roar and foam.

Let the mountains tremble as the waters surge!

INTERLUDE

4 A river brings joy to the city of our God,
the sacred home of the Most High.

5 God dwells in that city; it cannot be destroyed.
From the very break of day, God will protect it.

PSALM 46:1-11 NLT

⁶ The nations are in chaos,
and their kingdoms crumble!

God's voice thunders,
and the earth melts!

⁷ The Lord of Heaven's Armies is here among us;
the God of Israel is our fortress.

INTERLUDE

⁸ Come, see the glorious works of the Lord:
See how he brings destruction upon the world.

⁹ He causes wars to end throughout the earth.
He breaks the bow and snaps the spear;
he burns the shields with fire.

PSALM 46:1-11 NLT

¹⁰ "Be still, and know that I am God!

I will be honored by every nation.

I will be honored throughout the world."

¹¹ The Lord of Heaven's Armies is here among us;

the God of Israel is our fortress.

PSALM 46:1-11 NLT

THE PSALMIST STANDS ON
THREE TRUTHS IN THIS PSALM:

THE PSALMIST STANDS ON THREE TRUTHS IN THIS PSALM:

1

He stood on
the protection
of God

VERSES

1-3

THE PSALMIST STANDS ON THREE TRUTHS IN THIS PSALM:

1

He stood on
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of God

VERSES

1-3

2

He stood on
the presence
of God

VERSES

4-7

THE PSALMIST STANDS ON THREE TRUTHS IN THIS PSALM:

1

He stood on
the protection
of God

VERSES

1-3

2

He stood on
the presence
of God

VERSES

4-7

3

He stood on
the power of
God

VERSES

8-11

WHAT TO DO WITH WORRY?

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Refuse the ruse of
worry

²⁹“And don't be concerned about what to eat and what to drink. Don't worry about such things. ³⁰These things dominate the thoughts of unbelievers all over the world, but your Father already knows your needs.

LUKE 12:29-30 NLT

WHAT TO DO WITH WORRY?



Refuse the ruse of
worry



Communicate your
concerns to God

⁶Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

PHILIPPIANS 4:6-7 NLT

⁷Give all your worries and cares to God,
for he cares about you.

1 PETER 5:7 NLT

WHAT TO DO WITH WORRY?



Refuse the ruse of
worry



Communicate your
concerns to God



Silence worry with
truth and faith

⁴⁰But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me."

⁴¹But the Lord said to her, "My dear Martha, you are worried and upset over all these details! ⁴²There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

LUKE 10:40-42 NLT