

# Journey: The Embattled Heart



## Mark 4:3-6

<sup>3</sup> **“LISTEN!”** A farmer went out to sow his seed. <sup>4</sup> As he was scattering the seed, some fell **along the path** and the birds came and ate it up. <sup>5</sup> Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. <sup>6</sup> But when the sun came up, the plants were scorched, and they withered because they had no root.

**Mark 4:7**

***<sup>7</sup> Other seed fell among thorns, which grew up and choked the plants, so that they did not bear grain.***



# THE EMBATTLED HEART

***18 . . . like seed sown among thorns, hear the word;  
19 but the worries of this life . . . come in and choke  
the word, making it unfruitful.***



# WORRY WILL *CRIPPLE* OUR LIFE!

- *Worry is a choice.*



# WORRY WILL *CRIPPLE* OUR LIFE!

*Worry is a choice  
I feel compelled to make  
to try to do something about something I am  
powerless to anything about.*

# WORRY WILL *CRIPPLE* OUR LIFE!

- *Worry is a choice.*
- *Our choice to worry is deeply rooted in our sin nature (Genesis 3:5).*
  - *“I am enough!”*
  - *“I am not enough, but I am determined to be!”*
  - *“I am not enough, but He is, yet I still struggle!”*



# FIGHT FOR THE HEART

*Philippians 4:6-7*

*Do not be anxious about anything. Instead, in every situation, through prayer and petition with thanksgiving, tell your requests to God. And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.*