

# Freedom from Worry

## *An Opportunity*

### I. The Opportunity

Matthew 6:25 (NIV)

<sup>25</sup> "Therefore I tell you, **do not worry** about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?"

Psalms 37:1 (NIV)

**Do not fret** because of evil men or be envious of those who do wrong;

Philippians 4:6-7 (NIV)

**Do not be anxious about anything**, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

#### A. A Reality ---life is difficult/stressful

#### B. God is the difference

---He is the 1) creator, 2) sustainer, 3) deliverer, 4) restorer,

5) \_\_\_\_\_, 6) \_\_\_\_\_,

7) \_\_\_\_\_

#### C. Battle in thoughts & feelings

Isaiah 35:3-4 (NASB77)

Encourage the exhausted (slack hands), and strengthen the feeble (weak knees). Say to those with anxious heart, "Take courage, fear not. Behold, your God will come *with* vengeance; The recompense of God will come, But He will save you."

Hebrews 12:12-13 (NASB77)

Therefore, strengthen the hands that are weak and the knees that are feeble, <sup>13</sup> and make straight paths for your feet, so that *the limb* which is lame may not be put out of joint, but rather be healed.

### II. Living Well

Hebrews 12:1-3 (NIV)

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. <sup>2</sup> Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. <sup>3</sup> Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

## A. Principles

1. No unnecessary baggage, v.1
  - a. *hindrances*
  - b. *easy entanglement of sin*
2. Run with perseverance, v.1
  - a. race marked out for us ---path determined
  - b. fix our eyes on author & perfecter of our faith
3. Christ-centric: Jesus changes everything, vs.2-3
  - a. Endured cross
  - b. Rejected shame
  - c. Overcame opposition

## B. Application

### 1. What do you fill your heart & mind with?

Philippians 4:6-8 (NIV)

<sup>6</sup> Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--**think about such things.**

### 2. Say what?

Matthew 12:34 (NIV)

For out of the overflow of the heart the mouth speaks.

Matthew 15:16-18 (NIV)

"Are you still so dull?" Jesus asked them. <sup>17</sup> "Don't you see that whatever enters the mouth goes into the stomach and then out of the body?" <sup>18</sup> But **the things that come out of the mouth come from the heart,** and these make a man 'unclean.'

Proverbs 30:32 (NIV)

"If you have played the fool and exalted yourself, or if you have planned evil, **clap your hand over your mouth!**

Psalms 91:1-2 (NIV)

<sup>1</sup> He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. <sup>2</sup> **I will say of the LORD,** "He is my refuge and my fortress, my God, in whom I trust."

## Prayer

Heavenly Father, Thank you for your wonderful provision for my life. I want to learn from your instructions. Holy Spirit open my heart and mind to receive from You. I choose to put my trust in You. Almighty God You are my provider, my protection, my deliverer. I believe You created me for Your purposes and You will watch over my days. I choose to rest in Your strength this day. Amen.

**KEY:** justifier; redeemer; author