

# Freedom from Worry

## *Embracing God's Provision*

Matthew 6:28-33 (NIV)

<sup>28</sup> "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, **O you of little faith?** <sup>31</sup> So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well.

### I. Jesus' unique perspective ---

- A. What is not addressed
- B. The heart of the matter, worry is personal
- C. The invitation --- choosing a different life path

### II. God's Provision

John 14:26-27 (NIV)

But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. <sup>27</sup> Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

2 Timothy 1:7 (NKJV)

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

- A. Presence of the Holy Spirit
- B. Peace with a foundation
- C. The gift of God's Spirit brings: power, love & peace of mind

### III. Maintaining a Trust Transfer

Zechariah 4:6 (NIV)

This is the word of the LORD to Zerubbabel: 'Not by might nor by power, but by my Spirit,' says the LORD Almighty.

- A. In relationship with God
- B. Welcome the Holy Spirit
- C. Recognize your vulnerability

Proverbs 4:23 (NIV)

Above all else, guard your heart, for it is the wellspring of life.

## IV. Endurance

### A. Warnings

Hebrews 12:2-3 (NIV)

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.**

Galatians 6:9 (NIV)

Let us not become weary in doing good, for at the proper time we will reap a harvest **if we do not give up.**

### B. Hopelessness is a Process Problem ---

Acts 27:1-26 (NIV)

When it was decided that we would sail for Italy, **Paul and some other prisoners were handed over to a centurion named Julius**, who belonged to the Imperial Regiment.

<sup>6</sup> There the centurion found an Alexandrian ship sailing for Italy and put us on board. <sup>7</sup> We made slow headway for many days

<sup>9</sup> Much time had been lost, and sailing had already become dangerous because by now it was after the Fast. So Paul warned them, <sup>10</sup> "Men, I can see that our voyage is going to be disastrous and bring great loss to ship and cargo, and to our own lives also." <sup>11</sup> But the centurion, instead of listening to what Paul said, followed the advice of the pilot and of the owner of the ship.

<sup>14</sup> Before very long, a wind of hurricane force, called the "northeaster," swept down from the island. <sup>15</sup> The ship was caught by the storm and could not head into the wind; so **we gave way to it and were driven along.** <sup>16</sup> As we passed to the lee of a small island called Cauda, we were hardly able to make the lifeboat secure. <sup>17</sup> When the men had hoisted it aboard, they passed ropes under the ship itself to hold it together. **Fearing that they would run aground** on the sandbars of Syrtis, they lowered the sea anchor and let the ship be driven along. <sup>18</sup> We took such a violent battering from the storm that the next day they began to throw the cargo overboard. <sup>19</sup> On the third day, they threw the ship's tackle overboard with their own hands. <sup>20</sup> **When neither sun nor stars appeared for many days and the storm continued raging, we finally gave up all hope of being saved.**

<sup>21</sup> After the men had gone a long time without food, Paul stood up before them and said: "Men, you should have taken my advice not to sail from Crete; then you would have spared yourselves this damage and loss. <sup>22</sup> But now I urge you to keep up your courage, because not one of you will be lost; only the ship will be destroyed. <sup>23</sup> Last night an angel of the God whose I am and whom I serve stood beside me <sup>24</sup> and said, '**Do not be afraid, Paul.** You must stand trial before Caesar; and God has graciously given you the lives of all who sail with you.' <sup>25</sup> So keep up your courage, men, for I have faith in God that it will happen just as he told me. <sup>26</sup> Nevertheless, we must run aground on some island."

### Prayer

Heavenly Father, You are my strength and my courage—the rock I stand upon. I thank you for your deliverance. I choose to focus my thoughts and my heart upon the promise of your great love. Holy Spirit direct my steps. My desire is to honor my Lord in all I do. I rejoice today in my God and my redeemer. Amen.