

# Freedom From Worry

## *New Thoughts, New Feelings*

Luke 12:22-32 (NIV)

<sup>22</sup> Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. <sup>23</sup> Life is more than food, and the body more than clothes. <sup>24</sup> Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! <sup>25</sup> Who of you by worrying can add a single hour to his life? <sup>26</sup> Since you cannot do this very little thing, why do you worry about the rest? <sup>27</sup> "Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. <sup>28</sup> If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith! <sup>29</sup> And do not set your heart on what you will eat or drink; do not worry about it. <sup>30</sup> For the pagan world runs after all such things, and your Father knows that you need them. <sup>31</sup> But seek his kingdom, and these things will be given to you as well. <sup>32</sup> "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.

## I. Defeat Despair

### A. Consider the Cross -

Romans 8:31-32 (NIV)

What, then, shall we say in response to this? If God is for us, who can be against us? [32] He who did not spare his own Son, but gave him up for us all--how will he not also, along with him, graciously give us all things?

1. admission of inability
2. demonstration of God's willingness

1 Corinthians 1:18, 25 (NIV)

<sup>18</sup> For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

... <sup>25</sup> For the foolishness of God is wiser than man's wisdom, and the weakness of God is stronger than man's strength.

### B. In the Presence of God

Psalms 40:1-5 (NIV)

I waited patiently for the Lord; he turned to me and heard my cry.

[2] He lifted me out of the slimy pit, out of the mud and mire;

he set my feet on a rock and gave me a firm place to stand.

[3] He put a new song in my mouth, a hymn of praise to our God.

Many will see and fear and put their trust in the Lord.

[4] Blessed is the man who makes the Lord his trust, who does not look to the proud, to those who turn aside to false gods.

[5] Many, O Lord my God, are the wonders you have done.

The things you planned for us no one can recount to you;

were I to speak and tell of them, they would be too many to declare.

Isaiah 41:10-13 (NIV)

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

[11] "All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish.

[12] Though you search for your enemies, you will not find them.

Those who wage war against you will be as nothing at all.

[13] For I am the Lord, your God, who takes hold of your right hand and says to you, Do not fear; I will help you.

1. Tell God exactly how you feel
2. Acknowledge a willingness to change
3. Thank Him for who He is & what He has done

#### 4. Ask Him to lead your life

### C. Daily Feed the Sparks of Hope

Proverbs 3:25-26 (NIV)

Have no fear of sudden disaster or of the ruin that overtakes the wicked, [26] for the Lord will be your confidence and will keep your foot from being snared.

1 Samuel 30:4, 6 (NIV)

So David and his men wept aloud until they had no strength left to weep. . . .<sup>6</sup> David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God.

### D. Take Time to Dream

Psalms 37:4 (NIV)

Delight yourself in the Lord and he will give you the desires of your heart.

1 Corinthians 15:19 (NIV)

If only for this life we have hope in Christ, we are to be pitied more than all men.

Genesis 15:5-6 (NIV)

He took him outside and said, "**Look up at the heavens and count the stars**--if indeed you can count them." Then he said to him, "So shall your offspring be."<sup>6</sup> Abram believed the LORD, and he credited it to him as righteousness.

### E. Forget Failures & Forgive Others

1 Samuel 8:6-7 (NIV)

they said, "Give us a king to lead us," this displeased Samuel; so he prayed to the Lord. [7] And the Lord told him: "Listen to all that the people are saying to you; it is not you they have rejected, but they have rejected me as their king.

John 21:15-16 (NIV)

When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you truly love me more than these?" "Yes, Lord," he said, "you know that I love you." Jesus said, "Feed my lambs."<sup>16</sup> Again Jesus said, "Simon son of John, do you truly love me?" He answered, "Yes, Lord, you know that I love you." Jesus said, "Take care of my sheep."

### F. Remember the Objective

Hebrews 11:5 (NIV)

By faith Enoch was . . . commended as one who pleased God.

2 Timothy 2:2-4 (NIV)

<sup>2</sup> And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others. <sup>3</sup> Endure hardship with us like a good soldier of Christ Jesus.

<sup>4</sup> No one serving as a soldier gets involved in civilian affairs--**he wants to please his commanding officer.**

2 Kings 20:6 (NIV)

I will add fifteen years to your life. And I will deliver you and this city from the hand of the king of Assyria. I will defend this city for my sake and **for the sake of my servant David.**"

#### Prayer

Heavenly Father, may your word take root in my heart. May my thoughts and feelings be directed by your word and power. I rejoice today in the hope that is mine through Christ Jesus my Lord. I stand in the victory which Jesus won for me. Through the blood of Jesus I am delivered out of the hand of the enemy. Through the blood of Jesus I am forgiven, justified and set apart for the purposes of God. Holy Spirit open my heart to the fullness of my redemption. In Jesus' name, amen.