

## “Transformed: Seeing Life Differently”

### “Not Fear, But Trust” Core 48

*“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” Philippians 4:6*

#### A. Worry is an enemy to us...

*“Worry weighs a person down; an encouraging word cheers a person up.” Proverbs 12:25*

1. The definition of worry is “to choke” or to “strangle.”

*“The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful.” Matthew 13:22 NIV*

2. Worry is the opposite of trust.

*“Don’t let your hearts be troubled. Trust in God, and trust also in Me.” John 14:1*

3. Worry is an enemy to our emotional and physical health.

*“When the excessive fuel in the blood isn’t used for physical activities, the chronic anxiety and outpouring of stress hormones can have serious physical consequences, including: Suppression of the immune system. Digestive disorders. Muscle tension.” WebMD*

Worry triggers stress hormones...affecting the heart, kidneys, stroke, blood vessels, muscles and other systems...tension, migraines, headaches, intestines...and the list goes on!

4. Worry is an enemy to our spiritual health.

*““Don’t worry about anything...” Philippians 4:6a*

5. Worry is an enemy to our mental health.

“Worry is a battle of the mind. What we focus on will determine the direction our thoughts go. Neuro-scientific research has given us the fascinating insight that protein branches hold our thoughts. In a real sense, thought create real estate in our brains. The more we dwell on a thought, the larger the constellation of proteins becomes. We give our space and place to the thought we allow to dominate our brains.” Core 52, Page 330

*“Give all your worries and cares to God, for He cares about you.” 1 Peter 5:7*

#### B. Jesus gives an antidote to worry...

*“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to Him than they are? Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, He will certainly care for you. Why do you have so little faith? So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need. So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” Matthew 6:25-34*

1. Jesus commands us “not to worry.”

*“That is why I tell you not to worry about everyday life...”*

2. Jesus directs our thoughts to nature.

*“Look at the birds... Look at the lilies of the field...”*

3. Jesus gives us three powerful concepts to focus on:

- a. You are valuable to God!
- b. Worry accomplishes nothing!
- c. You are eternal!

*“And aren’t you far more valuable to Him than they are?”*

4. Worry is a trust issue.

*“Why do you have so little faith?”*

5. God will supply your needs.

*“...your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.”*

6. One day’s trouble is all we can handle!

*“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”*

#### C. Paul models his words...

*“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then 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. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.” Philippians 4:6-9*

1. Instead of worrying, choose to change your thoughts and pray!

*“Don’t worry about anything; instead, pray about everything.”*

2. Instead of worrying, choose to tell God what you need..

*“Tell God what you need,”*

3. Instead of worrying, choose to give thanks in all circumstances.

*“and thank Him for all He has done.”*

4. Instead of worrying, allow God’s peace to guard your heart and mind.

*“Then 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.”*

5. Instead of worrying, fix your thoughts...

*“Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”*

## **D. How will you respond when worry knocks on your door?**

*“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.” John 14:27*

1. Choose what you will do with your thoughts.

*“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” 2 Corinthians 10:5*

2. Replace your worry with trust.

*“But when I am afraid, I will put my trust in You.” Psalm 56:3*

3. Determine to replace your worry thoughts with trust thoughts.

*“Therefore, holy brothers and sisters, who share in the heavenly calling, fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest.” Hebrews 3:1 NIV*

4. Find peace in Christ!

*“And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.” Colossians 3:15*

*To begin a relationship with Jesus...*

*Text: I Choose Jesus to 88202*

### **Next Week:**

September 13: **“Preparing For The Journey”**

**Core 49: Find A Mentor/Be A Mentor**