

## **Do Not Worry**

### **Ready:**

"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...Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34

### **Set**

Do you ever find it hard to sleep at night because your mind is racing and dwelling on things that you have absolutely no control over? I think that we are all prone to struggle and deal with worry. It's probably why Jesus told us not to worry in Matthew 6:25-34. My daughter Amber and I recently led a small group seminar at an FCA summer camp in Kentucky. What really impacted me was how practical this was to the students who attended. We began by asking those who attended our seminar to "Write down one to three things that you worry about on an ongoing basis."

The responses were many, but a few most common comments were in regards to friends, family, and what the future would hold. I also will admit to you today that I struggle with the same issues, but I don't want my circumstances to cause me to be ineffective for the cause of my Lord and Savior Jesus Christ.

We concluded each seminar by asking students to cast the cares upon the Lord (see Psalm 55:22). I told those in the seminar "That those of you who are willing to give your worries to the Lord to cast your worry list into the garbage can." The final point that I am trying to make is to let go of the things that cause you to worry. My encouragement to you today is to find someone mature in Christ that will encourage and pray for you in regards to worry and put the words of Jesus into daily practice: "But seek first his kingdom and his righteousness, and all these things will be given you as well." (Matthew 6:33)

### **Go**

1. Write down 1 to 3 things that you worry about?
2. According to Matthew 6:25-34, what does Jesus say to us about worrying?
3. What should we do when we start to worry (see Psalm 55:22)?

### **Workout**

Psalm 55:22

Philippians 4:6-9

Luke 10:41-42

### **Overtime**

Dear Lord, I am filled with worry and continue to struggle with my circumstances. I release these concerns of mine to you. Please forgive me for not giving these over to you sooner and help me to be freed from worry. I trust you Lord to help me.

### **Bible Reference:**

Philippians 4



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