



#4: What, Me Worry?

Matthew 6:25-34 (NIV) “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 than food, and the body more than clothes?²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?²⁷ Can any one of you by worrying add a single hour to your life?²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these.³⁰ 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—you of little faith?³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’³² For the pagans run after all these things, and your heavenly Father knows that you need them.³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Worry = Greek word *merimnao*, which means “to be pulled apart.”

1. **Worry Is WORTHLESS** 1 Peter 5:7
2. **Worry Displays A LACK of TRUST In God** Psalm 9:10,
Proverbs 3:5-6, Isaiah 26:3, Hebrews 11:6
3. **God Will Meet Our NEEDS, But Not Necessarily Our WANTS**
1 Timothy 6:8-11
4. **Turn WORRY Into JOY**

Philippians 4:4-13 (NIV) Rejoice in the Lord always. I will say it again: Rejoice!⁵ Let your gentleness be evident to all. The Lord is near.⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.⁸ Finally, brothers and sisters, 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.⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.¹⁰ I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it.¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances.¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.¹³ I can do all this through him who gives me strength.

5. The SACRIFICE OF JESUS Frees Us From Worry

Romans 8:31-32 (NIV) What, then, shall we say in response to these things? 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?

☐ **I accept the “Philippians 4 Challenge”!**

BIBLE READING PLAN

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| <input type="checkbox"/> Sunday: Psalms 26 | <input type="checkbox"/> Thursday: Psalms 30 |
| <input type="checkbox"/> Monday: Psalms 27 | <input type="checkbox"/> Friday: Micah 1 |
| <input type="checkbox"/> Tuesday: Psalms 28 | <input type="checkbox"/> Saturday: Micah 2 |
| <input type="checkbox"/> Wednesday: Psalms 29 | <input type="checkbox"/> Sunday: Micah 3 |

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