

# SHIFT

the life we are meant to live



March 6<sup>th</sup>, 2016

## Living Without Worry

### 1. REJECT THE FALSE NARRATIVE:

WORRYING PROTECTS US FROM PROBLEMS.

*People are born for trouble as readily as sparks fly up from a fire. -Job 5:7 NLT*

**Worry** is a disproportionate level of concern based on an inappropriate measure of fear.

### 2. EMBRACE THE JESUS NARRATIVE:

OUR WELL-BEING IS BASED ON OUR INESTIMABLE WORTH.

*"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup> Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup> And which of you by being anxious can add a single hour to his span of life? <sup>28</sup> And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? <sup>31</sup> Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the Gentiles seek after all these things, and your heavenly Father knows that you need them all." - Matthew 6:25-32 ESV*

# HOW JESUS SEES OUR PROBLEMS

## 1. Get Your Priorities Straight!

***<sup>33</sup>But seek first the kingdom of God and his righteousness, and all these things will be added to you. - Matthew 6:33 ESV***

## 2. One Day At A Time

***<sup>34</sup>Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. - Matthew 6:34 ESV***

## 3. A Perfectly Safe Place

***For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, <sup>39</sup>nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. - Romans 8:38-39 ESV***

***2 Chronicles 20:1-30***

# SWEATING IT OUT

***And [Jesus] withdrew from them about a stone's throw, and knelt down and prayed, <sup>42</sup>saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." <sup>43</sup>And there appeared to him an angel from heaven, strengthening him. <sup>44</sup>And being in an agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. – Luke 22:41-44 ESV***

### I Will Shift by...

- Memorizing [Romans 8:38-39](#).
- Getting honest about the things I worry about.
- Trusting God with my problems by praying regularly.
- Giving my life to Jesus as Savior and Lord, for the first time.

# WALK THE TALK

## A Growth Group Guide

1. Name 3 things that you worry about.
2. How do you handle problems in your life? What are your coping mechanisms?
3. How would you distinguish between worrying and being cautious or careful? Give some examples.
4. Jesus tells us that when it comes to our problems we should think about how valuable we are to God. Why is it so difficult for us to believe this?
5. When Jesus says "and all these things will be added to you," what do you think he means?
6. List and rank what you think your top 5 priorities should be. What needs to change in your life to make these a reality?
7. Review the story of Jehoshaphat from 2 Chronicles 20:1-30. If you were in Jehoshaphat's place how would you have responded to the Moabite and Ammonite army?
8. The 2 Chronicles story is an example of seeing God practically solving a problem. Share a similar example in your life of "stand and see the salvation of the Lord!" where God solved a real problem.
9. Discuss Romans 8:38-39. This verse teaches us that God's love overcomes our problems, even if our problems don't change. How hard is it for you to embrace this truth?

# SOUL TRAINING – PRAYER

## A Personal Transformation Exercise

### **The Principle:**

In his writings, Paul makes a direct connection between prayer and worry:

*Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)*

Once we have done all we can do in a given situation, we simply turn the matter over to God and thus prevent worry from taking over. For example, C.S. Lewis once said that a person who has weeds in his or her garden should not pray about the weeds but pull them up. But when we face situations we cannot change by direct effort, such as a loved one who is ill or a financial problem that extends beyond our resources, then we turn the matter over to God. Prayer helps us deal with worry. First we realize that the provision of the kingdom of God is available to us in every circumstance, large or small. Second, we see things from God's perspective, which puts our problems and concerns in a new light.

### **The Plan:**

This week the plan is to pray. Think about the week that is ahead of you. Are there situations that you know about now that you have to face? If not, perhaps as your week progresses, things will come up that are out of your control. If you are hard pressed to think of anything specific, pray for a family member or friend who you know is in a desperate situation and needs peace. Here are some practical guidelines to help you turn your cares into prayers this week:

- Each morning set aside 10-15 minutes.
- Think about all the things you might be anxious about.
- Write these things down in a journal or notebook.
- Ask what you can do to remedy these situations.
- Make a note to yourself to do the things you can do.
- Turn everything else over to God.