

# IF GOD IS GOOD, THEN WHY DO I WORRY?

God, Who? — Part 2

## KEY TRUTHS ABOUT GOD BEING GOOD:

**Key Truth #1.** God is the SOURCE of everything I need to live.

*“The Lord is my Shepherd, I will lack nothing!” Psalm 23:1 (GW)*

**Key Truth #2:** There is nothing I need that God can’t SUPPLY.

*“God will supply all you’ll ever need from his glorious resources in Christ Jesus.” Philippians 4:19 (Ph)*

**Key Truth #3:** God doesn’t want me worrying about ANYTHING.

*“Don’t worry about anything! Instead, pray about everything.” Philippians 4:6a (LB)*

## WHY GOD TELLS ME NOT TO WORRY?

1. Worry doesn’t make SENSE.

*“Therefore, I tell you, do not worry about your life, what you’ll eat or drink, or about your body, what you’ll wear. Is not life more important than food, and the body more important than clothes?” Matthew 6:25 (NIV)*

2. Worry is LEARNED.

*“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?” Matthew 6:26 (NIV)*

*“And why worry about your clothes? Look at the field of lilies! They don’t worry about theirs. Yet King Solomon in all his glory was not clothed as beautifully as they.” Matthew 6:28-29 (LB)*

3. Worry is WORTHLESS.

*“Who of you by worrying can add a single hour to his life?” Matthew 6:27 (NIV)*

*“Worry weighs us down.” Proverbs 12:25a (MSG)*

4. Worry is UNNECESSARY.

*“If God cares so wonderfully even for the flowers that are here today and gone tomorrow, won’t he more surely care for you?” Matthew 6:30 (LB)*

5. Worry is DOUBTING God.

*“People who don’t know God and the way He works — they worry over these things.” Matthew 6:32a (MSG)*

*“Don’t be worried! Believe in God and believe in me!” John 14:1 (GN)*

## THINGS I MUST DO INSTEAD OF WORRYING?

1. Every day, ask God to be my SHEPHERD.

*“I am the good shepherd; I know my own sheep, and they know me and I lay down my life for my sheep.” John 10:14-15 (NLT)*

*“Come save us and bless us. Be our shepherd and always carry us in your arms.” Psalm 28:9 (CEV)*

2. I make Christ the PRIORITY in every area of my life.

*“Your Heavenly Father already knows perfectly well what you need, and He will give you what you need if you give Him first place in your life and live as He wants you to.” Matthew 6:32-33*

3. I relax and PRAY.

*“Give all your worries and cares to God, for he cares about what happens to you.” 1 Peter 5:7 (NLT)*

*“Don’t worry about anything; instead, pray about everything. Tell God about all your needs and thank him for all he’s done for you. If you do these things, you will experience God’s peace, which is far more wonderful than the human mind can understand.” Philippians 4:6-7 (LB)*

4. I **TRUST** God for one day at a time.

*“Don’t worry about tomorrow, because tomorrow will have its own worries. Each day has enough trouble of its own.” Matthew 6:34 (NCV)*

*“Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.” Matthew 6:34 (MSG)*