



LAST WORDS

Last Words - Part 4 - A Word of Surrender

Mark Rouse - March 25, 2018

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Memory Verse:

Then Jesus shouted, "Father, I entrust my spirit into your hands!"
And with those words he breathed his last. - Luke 23:46

Pull me from the trap my enemies set for me,
for I find protection in you alone. **5** I entrust my spirit into your
hand. Rescue me, Lord, for you are a faithful God. - Psalm 31:4-5

THE WORRY TRAP - Matthew 6:24-34

- **Worry is UNREASONABLE.**

"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?" - v. 25

- **Worry is UNHEALTHY.**

"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?" - v. 26

- **Worry is UNHELPFUL.**

"Can any one of you by worrying add a single hour to your life?"
- v. 27

LETTING GO OF MY WORRY

1) Get to KNOW GOD.

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.
- v. 31-32

2) Put God FIRST in every area of life.

But seek first his kingdom and his righteousness, and all these things will be given to you as well. - v. 33

3) Live ONE DAY at a time.

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. - v. 34

- **SURRENDER your day to God and LET IT GO.**