

@STPAULPEORIA



OCTOBER - DECEMBER

Week 3: Declutter Your Mind

Luke 12:22-31

Quarter 4 : Live Simple

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BIG IDEA:

**Belief shapes our mindset, mindset fuels our behavior,
and together they tell the story we trust.**

Belief is the truth you hold.

Mindset is the lens through which you think.

Behavior is the life you build.

LUKE 12:22-31 (CSB)

'Then he said to his disciples, "Therefore I tell you, don't worry about your life, what you will eat; or about the body, what you will wear. For life is more than food and the body more than clothing. Consider the ravens:

LUKE 12:22-31 (CSB)

They don't sow or reap; they don't have a storeroom or a barn; yet God feeds them. Aren't you worth much more than the birds? Can any of you add one moment to his life span by worrying? If then you're not able to do even a little thing, why worry about the rest?

LUKE 12:22-31 (CSB)

“Consider how the wildflowers grow: They don’t labor or spin thread. Yet I tell you, not even Solomon in all his splendor was adorned like one of these. If that’s how God clothes the grass, which is in the field today and is thrown into the furnace tomorrow, how much more will he do for you — you of little faith?

LUKE 12:22-31 (CSB)

Don't strive for what you should eat and what you should drink, and don't be anxious. For the Gentile world eagerly seeks all these things, and your Father knows that you need them. "But seek his kingdom, and these things will be provided for you.'

To declutter your mind is to make space for truth again.

**It's removing the lies that have settled in
and reclaiming the space for God's peace.**



**BEFORE YOUR LIFE CAN BE FREE OF WORRY,
YOUR MIND MUST BE FREE OF LIES.**

**Belief forms our mindset, mindset fuels our behavior,
and together they tell the story we truly trust.**

**Every anxious thought has a belief behind it. Every
belief forms a mindset, and every mindset fuels
behavior.**

#1

THE LIE OF SURVIVAL VS. THE TRUTH OF SIGNIFICANCE

(vv. 22–23)

LUKE 12:22-23

**“Do not worry about your life... Life is more than food,
and the body more than clothes.”**

Jesus doesn't forbid work.
He forbids living as if work is life.

#2

THE LIE OF ABANDONMENT VS. THE TRUTH OF THE FATHER'S PROVISION

(v. 24)

LUKE 12:22-24

“Consider the ravens... yet God feeds them. How much more valuable are you!”

Trusting God's provision doesn't cancel participation.
It reframes it as partnership.

#3

THE LIE OF CONTROL VS. THE TRUTH OF SURRENDER

(vv. 25–26)

LUKE 12:25-26

'Can any of you add one moment to his life span by worrying? If then you're not able to do even a little thing, why worry about the rest? '



Control feels comforting until it starts to crush you.

**Surrender isn't quitting — it's trusting that God is
already handling what I can't, or stopping me from
carrying what only God can control.**

#4

THE LIE OF SCARCITY VS THE TRUTH OF ABUNDANCE

(vv. 27–28)

LUKE 12:27-28

“Consider the lilies... not even Solomon in all his splendor was dressed like one of these.”

**Trust in abundance doesn't make us careless — it makes
us content, at peace in enough.**

#5

THE LIE OF FRENZY VS THE TRUTH OF FOCUS

(v. 29)

LUKE 12:27-29

“Do not set your heart on what you will eat or drink; do not worry about it.”

**Focus doesn't ignore needs — it orders them under
trust.**

**When belief shifts from fear to faith, it reshapes not
only individuals but the whole church.**

**The one who provided salvation will not fail to provide
sustenance.**

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