

REST FROM WORRY

Matthew NKJV 6: ²⁵ “Therefore I say to you, do not worry 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? ²⁶ Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ Which of you by worrying can add one [℣]cubit to his [℣]stature?

1. Do thoughts matter?

Philippians NKJV 4: ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. ⁸ Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

John NKJV 14: 14 “Let not your heart be troubled; you believe in God, believe also in Me.

²⁶ But the [℣]Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. ²⁷ Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

2 Timothy NKJV 1: 7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2. Words convey thoughts

Matthew NKJV 12: ³⁵ A good man out of the good treasure [℣]of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things. ³⁶ But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. ³⁷ For by your words you will be justified, and by your words you will be condemned.”

3. Seizing the power of thoughts

2 Corinthians NKJV 10: ³ For though we walk in the flesh, we do not war according to the flesh. ⁴ For the weapons of our warfare *are* not [℣]carnal but mighty in God for pulling down strongholds, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,