

Summer in the Red

Week 7 Break Up with Worry

Matthew 6:25-34 (TPT)

25 "This is why I tell you to never be worried about your life, for all that you need will be provided, such as food, water, clothing—everything your body needs. Isn't there more to your life than a meal? Isn't your body more than clothing? 26 "Consider the birds—do you think they worry about their existence? They don't plant or reap or store up food, yet your heavenly Father provides them each with food. Aren't you much more valuable to your Father than they? 27 So, which one of you by worrying could add anything to your life? 28 "And why would you worry about your clothing? Look at all the beautiful flowers of the field. They don't work or toil, 29 and yet not even Solomon in all his splendor was robed in beauty like one of these! 30 So if God has clothed the meadow with hay, which is here for such a short time and then dried up and burned, won't he provide for you the clothes you need—you of little faith? 31 "So then, forsake your worries! Why would you say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' 32 For that is what the unbelievers chase after. Doesn't your heavenly Father already know the things your bodies require? 33 "So above all, constantly seek God's kingdom and his righteousness, then all these less important things will be given to you abundantly. 34 Refuse to worry about tomorrow, but deal with each challenge that comes your way, one day at a time. Tomorrow will take care of itself."

Philippians

*"Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when **Christ displaces worry** at the center of your life."*

- Jesus is addressing a worship problem, not a worry problem.
- Don't overcomplicate this: Worry and all its friends (anxiety, fear, insecurity) are not new problems. They're a natural part of humanity without the presence of Jesus.
- Society has a mental health crisis because we have a worship crisis. We've glorified "anxiety" in becoming aware of our brokenness, but not any more aware of God. Self-aware without God-aware just leads to greater hopelessness. We must KNOW Him because everything that we need is in Him.
- **God created you to be a worshiper, not a worrier.**
 - Worry creates an opportunity for the enemy to torment us, but worship leads us into His presence.
 - The word translated "worry" in Greek is "Merimnao" which is really two different Greek words: "Merizo" which means "TO DIVIDE" and "Nous" meaning "MIND."

- **Worry divides the mind.** It splits our energy between today's priorities and tomorrow's problems. Part of our mind is on the now; the rest is on the not yet. The result is half-minded living.
- Jesus paid the price for you to have a whole mind, not a divided one.
 - o "Well, I can't help it." Stop it! Yes, you can. It takes the same effort to worship as it does to worry.
 - o Worry is more about focus than fact. (85% of what worry will happen never happens)
 - o Worshiper is your identity, not worrier. It's not "your" worry or fear or anxiety.
- **Worry is the warning sign that we've stopped worshipping.**
 - Worry and worship are both choices, things we give ourselves to.

Ex. Think of it like an altar where sacrifices are made. What are you sacrificing on the altar of worry? Joy, peace, hope, wisdom, faith....?

- You can't be a worrying-worshiper! Why? Worry magnifies your problem while worship magnifies your God.
- Worry is a sign that you've got the focus on yourself instead of God.
- So, every day and every moment, you have a choice am I going to worry or worship?
- If you worry, you won't worship. If you worship, you won't worry. One of the two will be on your brain all the time.
- We forsake God when we choose to worry. We look to tomorrow like He doesn't exist.

Verse 31

"So then, forsake your worries!..."

- I agree with PT, I like how Jesus chooses to word this. He puts it into the relational realm. We welcome worry like it's a friend.

Summer in the Red, Week 39, Ps. Tony

We wake up and welcome worry, asking it what this day will bring. We 'drop off the kids at school, and worry sits in the passenger seat asking, what they will encounter today. Worry rides to work with us, asking all those questions that have no answer. We don't feel too well, and our trusted friend worry is there to tell us we're really sick and probably have some kind of incurable disease. One of our friends is having a bad day and doesn't respond to us as they normally do, but good ole worry is there to comfort us by telling us they no longer like us or are mad at us. We finally make it to bedtime and worry lets us know everything we didn't get done today and wants to know if we'll spend a restless night talking with it instead of getting the sleep we really need.

- Jesus says this is what people do that don't know God.

Verse 32

Only people who don't know God are always worrying...

- We must be willing to ask ourselves, "Does our current mental health plan exalt Jesus or something/someone else?"
 - Worship reminds us that God is in control while worry tries to tell us He's not.
 - Determine what your responsibility is and what it is not, and don't try to take on anything that's ultimately God's responsibility.
 - Do what you can do, and then trust Him to do what you cannot do.
- **Jesus makes us worry-free so we can be Kingdom-focused.**

Verse 33-34

"So above all, constantly seek God's kingdom and his righteousness, then all these less important things will be given to you abundantly. 34 Refuse to worry about tomorrow, but deal with each challenge that comes your way, one day at a time. Tomorrow will take care of itself."

FIRST

- o "Above all" better give attention to this. Jesus gives shows us the Devine order for life. The God First life!
- o A worrisome life is one where God isn't first. It's a simple, clear life...put Him first and the rest will find its place.
- o Need first life= worry or God-First life = peace

MISSION

- o Carefree doesn't mean careless. We are to be about the Father's business!
- o The sermon on the mount wasn't just about good Christian behavior. Jesus was introducing the Kingdom. He's inviting us to join a Kingdom mission.
- o God created you to be a worshiper who overcomes! Do people know you by your worship or your worry?

TODAY *"one day at a time"*

- o There's an anointing and grace (power of God to be victorious) for today but not yesterday or tomorrow.
- o We don't access it because we are focused on regrets or worry about tomorrow.
- o Focus on how to bring glory to Him today.

Break Up with Worry: *Instead of worry...* (It's not enough to just not worry, we must do something instead)

- 1. Block Its Calls:** *Let petitions and praise shape your worries into prayers.*
 - Prayer is a place of physical, emotional, and spiritual release and exchange.
 - What are you leaving and receiving in prayer?
 - *Cast your burdens on the Lord, for He carries them.*
 - We can't stop with "give us our daily bread." We need to grow into the people that pray. "Your Kingdom come your will be done. On Earth as it is in Heaven!" For Yours is the Kingdom, the Glory, the Power, Forever and Ever Amen!"

Ex. Ps. Jack Hayford taught me the physical release of worry. Let it go!

- 2. Give It Back Its Stuff:** *Replace the lies of worry with the truth of God's Word*
 - We say we aren't in a relationship anymore but we still wear Worry's hoodie or letterman jacket. Give it back! *Jesus gives you a garment of praise for the spirit of heaviness!! (Isaiah 61)*
 - Renew your mind with the Word of God: Allow what was familiar to become foreign.
- 3. Move On:** *Feed your faith and starve worry.*
 - It takes work. It takes time. If you don't get into the Word, you'll go back to worry.
 - The Word keeps us focused on what's God and what's ours. What is truth and what is false.
 - (Hebrews) His Word is an anchor, but you've got to throw it out! Too many anchors still in the boat.
 - Commit to growing in the Word every day.