

WORDS FOR WHEN WE WORRY

PART TWO

Pastor Chad Gilligan | April 2, 2023

I. WORDS FOR WHEN WE WORRY

Psalms 42:5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

When worry gets loud, try talking to yourself.

Matthew 6:25-27 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? 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? Can any one of you by worrying add a single hour to your life?

1. I Have Great Value

2. I Won't Waste With Worry

3. I Am Provided For

Matthew 6:26 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 6:28-32 And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them.

Proverbs 3:5-6 Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

A. God provides, but I still have to work.

2 Thessalonians 3:10 For even when we were with you, we gave you this rule: "The one who is unwilling to work shall not eat."

Genesis 22:13-14 Abraham looked up and there in a thicket he saw a ram caught by its horns. He went over and took the ram and sacrificed it as a burnt offering instead of his son. So Abraham called that place The LORD Will Provide. And to this day it is said, “On the mountain of the LORD it will be provided.”

- We must trust in God’s provision even in challenging times.
- We must hold on to God’s promise before we are handed God’s provision.

B. When you need provision, remember Philippians 4:19.

Philippians 4:19 And my God will meet all your needs according to the riches of his glory in Christ Jesus.

C. When you wonder if God has a plan, remember Jeremiah 29:11.

Jeremiah 29:11 For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.

4. I Will Find My Faith

Matthew 6:30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?

A. Free from worry and free from trouble are not the same thing.

Ephesians 6:16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

- Uncertainty is a weapon of the enemy.
- Please. Please. Please. DO NOT GIVE UP!

1 Peter 5:8-9 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

B. Finding faith begins with picking it up.

- **Pick up the Bible.**

Romans 10:17 So faith comes from hearing, that is, hearing the Good News about Christ.

- **Pick up each other.**

Galatians 6:2 Carry each other's burdens, and in this way you will fulfill the law of Christ.

- **Pick up one foot after the other.**

2 Corinthians 5:7 (ESV) for we walk by faith, not by sight.

➤ Actions lead feelings.

Romans 12:2 (AMP) And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you].

C. When you wonder if you can do it, remember Joshua 1:9.

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”

D. When your faith feels low, remember Philippians 4:13.

Philippians 4:13 I can do all this through Him who gives me strength.

5. I Will Look Higher

Matthew 6:33 But seek first His kingdom and His righteousness, and all these things will be given to you as well.

2 Corinthians 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

A. When I put the most important things in my life in God’s hands, God’s hands take care of the most important things in my life.

Psalms 139:23-24 Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

B. Ask God to trade your temporary anxiety for eternal stability.