



## Forward, Part 5

Pastor Mark Thomas | 1-28-2024

### Key Scriptures:

#### **Matthew 6:34 (AMPC)**

“So do not worry *or* be anxious about tomorrow, for tomorrow will have worries *and* anxieties of its own. Sufficient for each day is its own trouble.”

### No Worries

Worrying is a normal way of life for many people, however as the children of God we are called to not worry about anything. Worrying does not have power to make things better. It only makes things worse. Corie Ten Boom said, “Worrying is carrying tomorrow’s load with today’s strength – carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn’t empty tomorrow of its sorrow, it empties today of its strength.” For the Christian, there is strength for today and great hope for tomorrow as we take one day at a time.

### Guarding Our Hearts From Worry

1. **We must guard our hearts from worry.**
    - a. The condition of our hearts determine our lives.
      - i. We are to guard our hearts (Proverbs 4:23 AMPC).
      - ii. Jesus said to guard our hearts from worry (Luke 21:33-34 TPT).
    - b. We were not designed to worry, it affects our bodies and shortens our lives.
    - c. Worry does not show we care more, but that we trust God less.
    - d. Worrying about tomorrow can ruin your marriage, hurt your relationship with your kids, and destroy friendships.
  2. **We are commanded not to worry.**
    - a. When the Bible says not to worry, it gives no exceptions.
    - b. Jesus speaks about worry in the Sermon on the Mount (Matthew 6:25-34).
    - c. God always gives us the ability to live by His Word.
  3. **We can live worry free.**
    - a. It is God’s desire for us to live free from worries.
    - b. We can cast all our cares on God because He cares for us (1 Peter 5:7).
    - c. We can release the weight of our worries on the Lord (Psalm 55:22 AMPC).
    - d. When we pray, God’s peace floods our hearts and minds (Philippians 4:6).
    - e. We stay in peace by thinking on the right things (Philippians 4:8).
      - i. Be the gatekeepers of your minds.
      - ii. Resist the thoughts of care and worry.
    - f. Jesus gave us His peace and said to not let our hearts be troubled (John 14:27).
      - i. “His Word is an empowerment to enable us not to be troubled.”
- Pastor Mark

## Supportive Scriptures

- **Luke 21:33-34** (We must guard our hearts from worry.)
- **Proverbs 4:23** (Out of our hearts flow the issues of life.)
- **Matthew 6:25-34** (Jesus commands us not to worry.)
- **1 Peter 5:7** (Cast your cares on the Lord.)
- **Psalms 55:22** (Give your burdens to the Lord and He will sustain you.)
- **Philippians 4:6** (The peace of God will keep your heart and mind in Jesus.)
- **Philippians 4:8** (Paul lists the right things to think upon.)
- **John 14:1** (Do not let your hearts be troubled.)
- **John 14:27** (Jesus left His peace with us.)