

## Introduction

Series

Relevance - when worried you have no peace

## I. It's Easy to Worry

1. Can be made into a habit
2. Driving - what not to worry about
  - pass within 6 feet at 60 miles an hour of random persons - on the highway
  - all the drinking - not to mention drugs
  - the half-blind
  - the young... foolish drivers
  - the old... foolish drivers
  - it takes only ONE second (turn away)
  - today - preoccupied drivers... texting, eating, smoking, and putting on makeup!Nothing new - preoccupied drivers  
But... don't worry about that
3. Sermons like this... Not to condemn but to free
4. Very glib and a bit arrogant... "Don't worry, be happy"
  - now that really helps
  - where's your faith?
5. As we talk/ read about worry
  - Concern vs worry
  - Should be concerned about financial matters - and the future - not worry about it
    - the Bible counsels us to save... but it also counsels not to worry
  - Should be concerned enough to study for a test - should not worry about it
  - Should be concerned as we drive - buckle seat belt - should not be so concerned that we give up driving
6. If we care we worry
  - don't care you don't worry
  - also, some don't worry because they have no sense of responsibility
  - if you don't know how bad it is - don't worry
7. But worry can get to be a way to handle life
  - worry is often fear - that's no way to live
  - can be over-thinking
  - to care yes - possible to over-care
  - can control some things but try to over-control
  - we are to take responsibility - we can feel over-responsible
8. This happens
  - Concern/ Concern/ Concern... worry
  - A difference -
    - Concern - you are in control
    - Worry - out of control
  - Somewhere along the way worry becomes a habit - a "go to" default setting

## **II. Jesus' Encouragement Not to Worry**

1. Once again - he's not just saying "don't worry be happy"  
-or "don't sweat the small stuff"
2. But... Worry is not how to handle life
3. Words of counsel here...  
Cannot add one inch  
God takes care of the lilies  
So on the one hand  
-don't sweat the small stuff  
-on the other hand - God takes care of lilies - the difference = God  
Often as we worry we leave out God
4. Faith/ Fear - "take no thought" - trust  
-"trust" is the theme  
And... God is the object of our trust
5. Faith is directional - always has an object  
-faith in our car  
-faith in science and technologies  
-faith in pets  
-faith in God
6. Givens: -both  
> inside (worry and faith)  
-where do they happen?  
> intangible (both)  
> focus  
-worry - you are focused on the bad  
-trust - you are focused on God
7. The habit of worry can grab and even enslave your heart  
-crippling, paralyzing, enslaving fear  
But, just like any other habit you can be freed - like habits of eating, speaking, drinking or thinking
8. Focus on the father  
When you were a child did you worry about your next meal?  
-the light bill?  
-curriculum at school?  
No, you trusted someone else - mom and dad

## **III. Three Broad Principles**

1. First, Trust your Father (instead of worry)  
-like you trust the doctor  
-lie you trust the pharmacist  
-you can trust your father - the birds taken care of/ lilies taken care of  
Example - a pilot takes off in a plane - comes in for a landing, he hears the gnawing of a rat in the mechanism of the plane and becomes afraid a rat has gnawed the wiring
2. Next, Seek First His kingdom (instead of worry) (6:33)  
-usually when we worry we have allowed the wrong thing to become priority

-money - priority - fear we'll lose it  
-health - too much - fear we'll lose it  
-need reset our priorities

Primary priority is God

All other are "secondary" priorities

3. Finally, Take one day at a time (6:34)

-fear for tomorrow what's gonna happen  
-live out there  
-reminder right here - God is out there  
-not gonna live your best here

**Tied to the immovable** - a boat is secured two ways

The Rock

The Anchor

As the storm comes - and they will

Can ride out the storm if your boat is secured

You need an anchor

A rock solid relationship with God can anchor you

But...

Both are outside the boat

Life is gonna change - it gets scary, we get afraid

But, if we're anchored outside our lives