***How To Worry Successfully April 19, 2023***

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*Introduction:*

1. “Can it really be that simple?” A brother in Christ said this to me in a text after I texted him Matthew 6:25-34. I texted him these verses earlier in the day. These words are simple to understand, but hard to implement. But should it really be so hard for us to do? Jesus says NO! Jesus says there’s something concerning our faith when it comes to worry.
2. We’ve covered a lot of territory in this meeting.
   1. Overcoming worry from yesterday, today, and tomorrow.
   2. How to leave the Juniper tree of fear, despair, and worry by the strength of God.
   3. Walking by faith and arising and building in 52-days.
   4. God’s Miracles and how He continues to work Providentially.
   5. Last night we learned what to do when we don’t know what to do: Turn to our King!
3. What’s left? How can we worry successfully? That’s our topic tonight. Is that possible?

*The Lesson:*

1. **Do Not Worry**
   1. What if we just didn’t worry? Jesus says not too. What if we just trusted Him completely?
      1. We have every reason to. Look at the context of the Sermon on the Mount.
         1. Matthew 6:5-8: Jesus tells us our Father knows what we need and to pray to Him.
         2. Matthew 6:11: Jesus wouldn’t tell us to pray for daily bread if God wouldn’t give it.
         3. Matthew 6:19-21: Jesus tells us how to avoid a huge source of worries. Physical possessions are a great source of worries because we can put our trust in them. We do want to preserve them. Don’t trust in them. Rather, give them away, Luke 12:33.
         4. Matthew 6:24, 33. Jesus tells us to serve God and seek His kingdom.
      2. I love Luke’s account of this in Luke 12:29. Do not keep worrying!
   2. Is it really that simple? YES! Jesus says it is. He always right, John 16:30. Do you believe this?
      1. Have you been KEEPING on with respect to WORRY? It’s time to stop!
      2. But some may say, “I hear you, but I’m still struggling.” Anything else? YES!
2. ***Catch and Release***
   1. When you are on the road of “Keeping on WORRYING” there are two things to be done.
      1. ***Catch***: Catch and identify what you’re worried about at this moment.
         1. Don’t let worry take up residence in your heart.
         2. Control your thoughts. It is possible to control our thoughts, Philippians 4:8.
         3. Eliminate what weighs you down, Hebrews 12:1-2. The news, social media, etc.
      2. ***Release***: What we have caught! Not on Facebook, but rather to the throne in heaven.
   2. Peter instructs us to do this in 1 Peter 5:7. We to release (cast) all our cares.
      1. To Cast means to Throw upon or place upon!
      2. We release them to our great High Priest, Hebrews 4:15-16.
      3. What worries do you need to Catch and Release? Why not do it right now?
      4. Check in with God throughout the day like Daniel, Daniel 6:10.
3. ***Learn and Live***
   1. Some of our worries are self-induced. Worry successfully by deciding not to repeat it again.
      1. What if we took God’s instructions more seriously? It would eliminate many worries.
      2. When we find ourselves worrying about something, after we take massive action on it, let’s also slow down enough to learn from it so we don’t do it again. Here are some examples.
         1. Money: Learn and live from Proverbs 22:7; Proverbs 27:23-24.
         2. Health:Learn and live, Galatians 5:22-23. We must good stewards of our bodies.
         3. Sin:Learn and live, John 8:10-11.
   2. Learn and live from our sins and blunders, we naturally eliminate many worries.
4. ***Face Your Physical Reality*** 
   1. That’s not harsh when we take the time to consider the scriptures.
      1. A sister in Christ named Kelly was diagnosed with cancer several years ago.
      2. It was a shock. She had a new reality. She did what she could going to M.D. Anderson, taking care of her body. She prayed. She died earlier this year. She fought for five-years. The grace of Jesus was sufficient for her as it was for Paul, 2 Corinthians 12:7-10. Like Paul, she was weak, but strong through Christ. She was the wife of a preacher.
      3. Her and husband faced reality. Her sickness was not taken away. But her faith remained.
   2. Like Kelly, the apostle Paul did the same. Paul’s physically reality changed many times.
      1. He learned to be content in every situation, Philippians 4:10-12. His faith grew in suffering.
      2. He was willing to “Have it so…” Do the same. Remember your eternal reality.
5. ***Stay Busy***
   1. When our circumstances are not ideal, stay busy! Paul did, Acts 16:25; Acts 28:23-31.
   2. Being busy with worry doesn’t accomplish anything. Busy with kingdom work does, Acts 8:1-4.
6. ***Surrender***
   1. Fully surrender to God as Jehoshaphat knew he was powerless, 2 Chronicles 20:6,12. Do we?
   2. We must have total reliance upon God, 2 Corinthians 1:8-11. Paul did. Do we?
   3. Pride gets in the way of surrending, 2 Peter 5:6-7.
7. ***Do your part and trust God.***
   1. A short parable from Jesus shows us how to get a good night sleep, Mark 4:26-29.
   2. The man did his part, planted, and trusted in God. He didn’t know how it work. That was okay. The same is true with us.

*Conclusion:*

1. Is it possible? Can it be this simple? Yes! Yes!
2. Turn your eyes to God. See how God can change your fear to rest as He did with the king.