

OCTOBER 02, 2022 – LOGAN HOWARD

I GIVE UP WORRY

Big Idea

Stop worrying is one of those things that is easier to say than to do. It is possible that you are worried right now. You might be reading this text and your mind is somewhere else, trying to solve some of those life's puzzles. Worry is the fear of lacking or having something. As Christians, whenever we are tempted to worry, however, we have to remember that God is our provider, even more than that, He wants to remind us that He is enough.

Pastor Logan brought three things that God wants you to know to stop worrying:

1. God wants to change your **perspective**: Don't get so focused on what is **happening to you** that you miss how God has **provided all around you**. When God is your **source**, you will never lack **supply**.
2. God wants to remind you that your **needs are not unnoticed**: God is the only one who has been in my **tomorrow**, so He's the only one who will know what I need **when I get there**. Sometimes God will bypass what you **want** to give you what you **need**. (read Matthew 6:31-32)
3. God wants to show you **His heart**, not just His hand: God will take you in situations to **provide** but primarily to **deal with who you are**. God wants to show you **who He is**, not just **what He can give you**. (read Matthew 6:33)

Whatever the situation you are facing in your life now, you need to know that God is your provider, and you can trust Him and overcome the worry.

Scripture

- **Matthew 6:25-34 NIV**

"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? 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? ²⁷ Can any one of you by worrying add a single hour to your life? ²⁸ "And why do you worry about clothes? **See how the flowers of the field grow**. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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? ³¹ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the pagans run after all these things, and **your heavenly Father knows that you need them**. ³³ But **seek first his kingdom** and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Discussion Question

- What are the situations you worry about? Why do you think you worry about that?
- How can we stop worrying?

Prayer Focus

Father, thank you because you are our provider. You already gave us everything that we need; you gave us Jesus. We bring all our worries to you, knowing that you are a good father and understand what we need. We put our trust in You and decide not to let the fears take over our thoughts and emotions. We are grateful for all that you are and because you are here. In Jesus' name, we pray. Amen.

Next Steps

- Read your bible daily and seek to know God's heart. You will find a good Father that will never let His children lack anything.
- Grateful prayers. Look around you, look at the small things, things that sometimes we take for granted, and start thanking God for them.

Leader Tip

Many people deal with worry issues. Some are paralyzed, and others have their daily life affected by the fear of lacking. The truth is that many of our worries will never happen. Encourage people to go deeper in knowing the character of God and trust Him. Share a personal story that God gave you peace amid a challenging situation.