



THE LIBERATED CHRISTIAN

PART 1: LIBERATED FROM ANXIETY

The PROBLEM of Worry

Worry...

- *"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 important than food, and the body more important than clothes?"* Matt. 6:25
- *"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?"* Matt. 6:26
- *"Who of you by worrying can add a single hour to his life?"* Matt. 6:27
- *"And why do you worry about clothes? See how the lilies 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, O you of little faith?"* Matt. 6:28-30

The PREVENTION of Worry

1. *"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."* Matt. 6:34
2. *"But seek first his kingdom and his righteousness, and all these things will be given to you as well."* Matt. 6:33

3.

"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." Matt. 6:31-32

How do I "Trust God All The Time"?

•Release

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Phil. 4:6,7

•Refocus

"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable --if anything is excellent or praiseworthy --think about such things." Phil. 4:8

DAILY MEDITATIONS

This week's memory verse: *"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 important than food, and the body more important than clothes?"* Matt. 6:25

Monday

Look back over the notes and the verses from the weekend's message. What about Jesus' teachings on worry particularly struck you?

Which of the four problematic results of worry have you seen in your life?

Of the three ways to prevent worry, which is most difficult for you? Which is easiest?

Ask God to help you stop worrying and start trusting! Give him your specific worries in prayer today-- and leave them in His hands!

Tuesday

Today, read some biblical "prayers for worrywarts": Psalm 16:1-2,7-9, and Psalm 10:12-11:1. What about these prayers make them good reading for worriers?

Make these passages your prayer today! Take specific worries to God in prayer.

Wednesday

Here's another "prayer for worrywarts": Psalm 27:1-5. How is God described in ways that reduce your worry in this prayer?

Again, simply make this a personal prayer today. As you have each day this week, give God your specific worries.

Thursday

Are you worried about troubles you're in right now, or might face in the future? Read 1 Peter 1:7; Hebrews 10:35; James 1:2-4. What do these verses teach about confidence in times of worrisome trouble?

What troubles are you worried about?

Now take the troubles you just mentioned and give them to the Lord in prayer!

Friday

Review your notes from last weekend's message once again. After the passage of nearly a week, which points remain especially pertinent to your current situation? Many of us worry about making decisions. Read Proverbs 3:5,6; James 1:5,6. What do these verses promise about wisdom? How would this affect your worries if you truly believed and applied it?

Again, give God all your worries as specifically as possible in prayer today. If you believe He is guiding you in some of these decisions, write down those thoughts.

Saturday

Today, read back over Matthew 6:25-34, especially the memory verse for this week. Please pray for the services this weekend! Thanks!

LIBERATING SCRIPTURES

Cast all your anxiety on him because he cares for you. 1 Pet. 5:7

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

Arise, LORD! Lift up your hand, O God. Do not forget the helpless... you, O God, do see trouble and grief; you consider it to take it in hand. The victim commits himself to you; you are the helper of the fatherless. Ps. 10:12-14

...In the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock. Ps. 27:5

I am still confident of this: I will see the goodness of the LORD in the land of the living. Wait for the LORD; be strong and take heart and wait for the LORD. Ps. 27:13,14

When I said, "My foot is slipping," your love, O LORD, supported me. When anxiety was great within me, your consolation brought joy to my soul. Ps. 94:18,19

Praise the LORD, O my soul, and forget not all his benefits-- who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion. Ps. 103:2-4

As a father has compassion on his children, so the LORD has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. Ps. 103:13,14

Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isa. 41:10

Jesus: "Surely I am with you always, to the very end of the age." Matt. 28:20

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Gal. 6:9

As for you, be strong and do not give up, for your work will be rewarded. 2 Chr. 15:7

Do not throw away your confidence; it will be richly rewarded. Hebr. 10:35