

LIVING A WORRY-FREE LIFE

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I. WHAT IS WORRY?

worry – “give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles.”
Oxford Dictionary

In Other Words:

WORRY: _____

**KEY - WORRY IS BASED ON THE PREMISE: I Can _____ Things By
_____ About Them**

II. WHAT MAKES US WORRY?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

III. THE TRUTH ABOUT WORRY

1. **WORRY IS** _____

“²⁷ Can all your worries add a single moment to your life? Of course not.” Matthew 6:27

2. **WORRY IS** _____

Why?

i. _____ **Of The Things We Worry About Never Happen**

“My life has been filled with terrible misfortune; most of which never happened.” Michel de Montaigne

ii. We Tend To Worry About _____

“²⁵ That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing?” Matthew 6:25

ii. If We Are Christ-Followers, _____

“¹⁹ And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.” Philippians 4:19

3. WORRY IS _____

“⁶ Don’t worry about anything; instead, pray about everything.” Philippians 4:6

“⁶ And it is impossible to please God without faith.” Hebrews 11:6

“²⁵ That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? ²⁶ Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? ²⁷ Can all your worries add a single moment to your life? ²⁸ “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, ²⁹ yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰ And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? ³¹ “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” Matthew 6:25-33

IV. HOW CAN I LIVE A WORRY-FREE LIFE?

1. COMMIT TO _____ TO GOD’S WORD

“² We know we love God’s children if we love God and obey his commandments. ³ Loving God means keeping his commandments, and his commandments are not burdensome.” 1 John 5:2-3

“²¹ “Not everyone who calls out to me, ‘Lord! Lord!’ will enter the Kingdom of Heaven. Only those who actually do the will of my Father in heaven will enter. ²² On judgment day many will say to me, ‘Lord! Lord! We prophesied in your name and cast out demons in your name and performed many miracles in your name.’ ²³ But I will reply, ‘I never knew you. Get away from me, you who break God’s laws.’” Matthew 7:21-23

2. SEEK _____ FIRST

“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.” Matthew 6:31-33

3. KNOWING THAT I AM LIVING OBEDIENTLY & SEEKING GOD FIRST,

_____ TO TAKE CARE OF THINGS _____

“⁷ Give all your worries and cares to God, for he cares about you.” 1 Peter 5:7

“³² Since God did not spare even his own Son but gave him up for us all, won’t God, who gave us Christ, also give us everything else?” Romans 8:32

“⁶Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:6-7

WHEN THERE IS A CAUSE FOR CONCERN:

i. Take Every _____
“⁶Don’t worry about anything...” Philippians 4:6a

“⁴ For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God bringing every thought into captivity to the obedience of Christ.”
2 Corinthians 10:4-5

ii. _____ the Issue
“⁶... instead, pray about everything. Tell God what you need...” Philippians 4:6b

iii. Thank God For _____
“⁶... and thank him for all he has done ... ” Philippians 4:6c

iv. Focus on _____
“⁷If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:7

THE RESULT OF THIS PROCESS: _____

4. LIVE _____

“³⁴ So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” Matthew 6:34

5. MAINTAIN THE _____ FOR A CHRIST-FOLLOWER

“⁴⁰ So 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.” Isaiah 41:40

KEY ISSUES:

i. God Is Bigger Than _____

“³¹ What shall we say about such wonderful things as these? If God is for us, who can ever be against us?” Romans 8:31

ii. God Is _____

“⁴The Sovereign LORD has given me his words of wisdom, so that I know how to comfort the weary. Morning by morning he awakens me and opens my understanding to his will. ⁵The Sovereign LORD has spoken to me, and I have listened. I have not rebelled or turned away.... ⁷Because the Sovereign LORD helps me, I will not be disgraced.” Isaiah 50:4-5 & 7

iii. I Am _____

“⁵ For God has said, ‘I will never fail you. I will never abandon you.’ ⁶ So we can say with confidence, ‘The LORD is my helper, so I will have no fear. What can mere people do to me?’” Hebrews 13:5-6

iv. God _____ & Wants To _____

“¹⁶ We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them.” 1 John 4:16

“⁸ The LORD says, “I will guide you along the best pathway for your life. I will advise you and watch over you.” Psalm 32:8

v. I DO NOT Have To _____ – My Future Is Better Than _____

“¹ Don’t let your hearts be troubled. Trust in God, and trust also in me. ²There is more than enough room in my Father’s home. If this were not so, would I have told you that I am going to prepare a place for you? ³When everything is ready, I will come and get you, so that you will always be with me where I am. ⁴And you know the way to where I am going.” John 14:1-4

“²¹ For to me, living means living for Christ, and dying is even better. ²² But if I live, I can do more fruitful work for Christ. So I really don’t know which is better. ²³ I’m torn between two desires: I long to go and be with Christ, which would be far better for me. ²⁴ But for your sakes, it is better that I continue to live.” Philippians 1:21-24

6. FILL MY MIND REGULARLY WITH THE _____

“⁸ Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.” Philippians 4:8

“⁸ Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. ⁹ This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go.” Joshua 1:8-9

7. LEARN TO _____

“⁷ For we walk by faith, not by sight.” 2 Corinthians 5:7

“⁸ The LORD says, “I will guide you along the best pathway for your life. I will advise you and watch over you.”” Psalm 32:8

“⁵ Trust in the LORD with all your heart; do not depend on your own understanding. ⁶ Seek his will in all you do, and he will show you which path to take.” Proverbs 3:5-6

KEY: Live _____

“⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶ For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.” Romans 8:5-6

“²² But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things! ²⁴ Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. ²⁵ Since we are living by the Spirit, let us follow the Spirit’s leading in every part of our lives.” Galatians 5:22-25

“¹⁰ Who among you fears the LORD and obeys the word of his servant? Let the one who walks in the dark, who has no light, trust in the name of the LORD and rely on their God. ¹¹ But now, all you who light fires and provide yourselves with flaming torches, go, walk in the light of your fires and of the torches you have set ablaze. This is what you shall receive from my hand: You will lie down in torment.” Isaiah 50:10-11