



**Week 3 – May 29, 2022
Releasing Worry**

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

Anxiety is a feeling of fear, dread, and uneasiness. Many of you may have wrestled with anxiety this week. Jesus was anxious in the garden. We're to not be in a perpetual state of anxiousness.

Do Not Worry

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 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. ³⁴ So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

Matthew 6:25-34 NLT

- **God wants us to focus on our spiritual life.**

*⁴ Always be full of joy in the Lord. I say it again—rejoice! ⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. ⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **Philippians 4:4-7 NLT***

- **We must shift from fearing the future and embrace praising in the present.**
- **Make it about others, not you.**
Let everyone see that you are considerate in all you do...
Philippians 4:5 NLT
- **Instead of worrying, we release it.**
*⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. **Philippians 4:6 NLT***
- **Choose to live thankful, rather than tortured by worry.**
- **Our trust in God and choosing to be thankful results in God's peace in our lives.**

*You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! **Isaiah 26:3 NLT***

*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 NLT***

Next steps for me today...

- **I choose today to focus on God's Kingdom.**
- **I choose today to praise in the present.**
- **I choose today to release whatever it is that's causing worry.**
- **I choose to give thanks for what God has done.**
- **I choose to trust Jesus with everything.**