



**Letting Go and Letting God
May 22, 2022**

**Anxiety is a feeling of fear, dread, and uneasiness.
Jesus was anxious in the garden.
We're to not be in a perpetual state of anxiousness.**

**May is Mental Health Awareness Month.
Gen Z is the most anxious of all the generations.**

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

19 "Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. 20 Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. 21 Wherever your treasure is, there the desires of your heart will

also be. 22 Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. 23 But when your eye is unhealthy, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is! 24 No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money." **Matthew 6:19-24 NLT**

- **God wants us to focus on our spiritual life.**
- **Meditating is focusing on something over and over and over.**
- **Meditating on God's Word and God's Kingdom is a good thing.**
- **Worry is negative meditation.**

28 Then Jesus said, "Come to me, all you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light."
Matthew 11:28-30 NLT

- **We must realize we're in need.**
- **We need to come to Jesus.**
... "Come to me, all you who are weary and burdened..."
- **We must give up control.**
"Take my yoke upon you and learn from me."
- **We must learn to trust Jesus.**
"... for I am gentle and humble in heart, and you will find rest for your souls."

Rest for your soul is the best kind of rest.

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 NLT**

Next steps for me today...

Follow the steps we just covered.

- **Realize your need.**
- **Come to Jesus.**
- **Give up control.**
- **Trust Jesus.**