

MARINERS CHURCH



Getting Through Worry

May 11-12, 2019

Hope is the confidence that a loving God is in charge of life and of my life and no matter what happens, good or bad, He's in control and it will be OK.

"Don't worry about everyday life. And don't worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." –Jesus, Matthew 6:25, 34



Know the God I Have

My worry is useless.

"Who of you by worrying can add a single hour to his life?" –Jesus, Matthew 6:27

My worry is needless.

"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?" –Jesus, Matthew 6:26

"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?" –Jesus, Matthew 6:28-30

My worry shows I'm faithless.

Worry doesn't tell me about the size of my problems, it tells me the size of my God.

"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers.



MarinersCC.org



/marinerscc



@MarinersMB



@MarinersHMB



MarinersHMB

"But your heavenly Father knows all your needs." –Jesus, Matthew 6:31-32

Take every thought captive.

We are taking every thought captive to the obedience of Christ. 2 Corinthians 10:5

Get others around you.

If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Ecclesiastes 4:10

Make God's kingdom my purpose.

"But seek first his kingdom and his righteousness, and all these things will be given to you as well." –Jesus, Matthew 6:33 (NIV)

TALK IT OVER...Discussion for your LifeGroup and accountability partner.

What did you draw in your "little box" (above)? Why is it causing you stress?

How does 'worry' relate to your faith (or lack of it) or your idea of God? Share an example of a time when your worry went away through faith or a clearer concept of God.

Read Jesus' words in Matthew 6:25-34.

In what way is worry Useless? Needless? Faithless?

What other principles can I see in this passage that can help me in my life?