

HOW TO LET GO OF WORRY
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“The Lord has His way in the whirlwind and in the storm, and the clouds are the dust of His feet.” Nahum 1:3

“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? 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? Who of you by worrying can add a single hour to his life? 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? 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. But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” Matthew 6:25-34

TRUST:

- To allow someone to do something without fearing the outcome.

“In God I trust; I will not be afraid. What can man do to me?” Psalm 56:11

- To run into a shelter.

“Have mercy on me, O God, have mercy on me, for in you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed.” Psalm 57:1

- To rest your mind in the faithfulness, reliability, integrity or friendship of another person.

“Trust in the Lord with all your heart and lean not on your own understanding.” Proverbs 3:5

“You will keep him in perfect peace, whose mind is stayed on you, because he trusts in you.” Isaiah 26:3

- If you want the perfect peace of God, you have to trust the God of perfect peace.

- Mind = imagination

“We take captive every thought to make it obedient to Christ.” 2 Corinthians 10:5

- When you fix your thoughts on God, God fixes your thoughts.