



## Sermon Notes

Season of Healing  
October 16, 2022

***Worry of the future takes our energy now.***

***“Worry is investing in a future you don't want.”***  
***Mike Foster***

***Worry requires investment.***

***Worrying about tomorrow causes us to miss today.***

***Worry is when the concerns of tomorrow crash your party today.***

### **Matthew 6:24-34**

<sup>24</sup> “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

<sup>25</sup> “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 than food, and the body more than clothes? <sup>26</sup> 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? <sup>27</sup> Can any one of you by worrying add a single hour to your life?

<sup>28</sup> “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> 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—you of little faith? <sup>31</sup> So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

***When we worry, it is exposing something in us.***

***When we worry about finances, we are showing we don't really believe God will provide for our needs.***

### **Philippians 4:19**

<sup>19</sup> And my God will meet all your needs according to the riches of his glory in Christ Jesus.



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***God is glorified when He meets our needs!***

***God cares for us and knows what we need. He does not want us to worry about our needs.***

***Confess and commit.***

**Proverbs 28:13**

<sup>13</sup> *Whoever conceals their sins does not prosper,  
but the one who confesses and renounces them finds mercy.*

***Renounce: Formally declare one's abandonment of something, to reject or stop using or consuming.***

***Ask the Lord what He is exposing in you.***

***When I give in to worry, I am believing it over what God says.***

***Worry shows us we have control issues.***

***When I worry, I am assuming God needs my help in some area of my life.***

***What does worry produce or create?***

***When we give in to worry, we are no different than the world who does not have the hope of God's promises.***

**Psalms 25:3**

<sup>3</sup> *No one who hopes in you  
will ever be put to shame*

***Our only concern should be remaining in God's presence and living in His will.***

***Live today.***



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### Hebrews 3:13

*<sup>13</sup> But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness.*

***A simple way to “live today” is to attend your thoughts.***

***“We become what we pay attention to.”***

**Curt Thompson, MD**

***Our weapons have divine nature.***

### 2 Corinthians 10:3-5

*<sup>3</sup> For though we live in the world, we do not wage war as the world does. <sup>4</sup> The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. <sup>5</sup> We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

***Worry is a pretension.***

***Worry is imagined.***

***Focus on the truth. Worry is not truth.***

***If you can’t imagine Jesus saying the things that worry is saying to you, then it’s not truth!***

### HEALING MANIFESTO

**Lord, I commit to the following:**

***I will be real with You. That means admitting I’m not OK at times.***

***I will resist the urge to self-manage.***

***I will cooperate with Your work through obedience.***

***I will stop speaking negativity.***

***I will submit to Your process of removing the indelible stain of my sin and brokenness.***







## Sermon Notes

Season of Healing  
October 9, 2022

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