

Today's Theme

You Can Worry Or Trust Me Pt4

But you can't do both At least at the same time!

Series Title

“Promises For Us”

Part 43 December 22, 2024

Promise 1: I will give you eternal life. John 5:24
Promise 2: I will help you live with peace. John 14:27
Promise 3: I will care for you. 1 Peter 5:7
Promise 4: I will give you an inside helper. John 14:16
Promise 5: I will walk with you in life. 2 Cor 6:16
Promise 6: I will be a shepherd to you. John 10:11
Promise 7: I will give you strength. 2 Peter 1:3-4
Promise 8: I will forgive you fully. 1 John 3:5
Promise 9: I will protect you always. John 17:11-15
Promise 10: I will help you with suffering. 2 Cor 1:3-7
Promise 11: I will change you. 1 Cor 5:17-2
Promise 12: I will give you rest. Matt 11:28-30
Promise 13: I will reward you. Heb 11:6
Promise 14: I will give you an inheritance. 1 Cor 2:9
Promise 15: I will give you wisdom. James 1:5
Promise 16: I will fill you with Hope. Rom 15:13
Promise 17: I will always be connected to you. Rom 8:38-39
Promise 18: I will always be faithful. 1 Cor 1:9
Promise 19: I will give you lasting freedom. John 8:32
Promise 20: I will never change. Heb 13:8
Promise 21: I will give you what you sow. Gal 6:7
Promise 22: I will give you a way out of temptation 1 Cor 10:13
Promise 23: I will lift you up if you get humble. James 4:10
Promise 24: I will repay those who wrong you. Rom 12:19
Promise 25: I will make you heirs with Me. Rom 8:17
Promise 26: I will disclose myself to you. John 14:21
Promise 27: I will transfer you to the light. 1 Pet 2:9
Promise 28: I will allow Trouble in your life. John 15:20

Promise 29: I will help you *worry less*.

Isa 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

The Anatomy Of Worry

1. Anxiety always has a *home*.
2. That home is generally what we *fear*.
3. Fear & anxiety lead to *worry*.

How To Deal With Anxiety & Worry

1. Be defined in what we *value* most.
How To Deal With A&W:
Keep my focus on what *lasts* forever.
2. Be clear-headed on my *view* of God.
How To Deal With A&W:
Keep my focus on His *faithfulness*.

3. Be determined with my *trust* level in God.

Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast, because they trust in you.

How To Deal With A&W:
Keep my focus on *trusting* God.

4. Be wise using my _____ to be _____.

Matt 9:35 Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. 36 When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. 37 Then he said to his disciples, “The harvest is plentiful but the workers are few. 38 Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”

- (1) A&W *moves* us towards being _____-focused.
- (2) A&W *produces* a desire in us to _____.
- (3) Self-focused & controlling people _____.

How To Deal With A&W:
Keep my focus on _____ others.

Mark 10:43 Not so with you. Instead, whoever wants to become great among you must be your servant, 44 and whoever wants to be first must be slave of all. 45 For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”