

LIVING WORRY-FREE!
Sunday, December 15th, 2019
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1. THE LORD IS INTERESTED IN EVERYTHING THAT CONCERNS YOU.

1Peter 5:7- KJV

...Casting all your care upon him; for he careth for you.

Care – means: *anxiety; hardship, misfortune, trouble, or a complicated circumstance that arises as a result of problems that develop in our lives.*

Careth -- (Cares) ... *means to be concerned; to be thoughtful; to be interested; to be aware; to notice; to give meticulous attention.*

1Peter 5:7-AMP.

Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.

1Peter 5:7-Passion

7 Pour out all your worries and stress upon him and leave them there, for he always tenderly cares for you.

Psalm 55:22-23-Passion 22 So here's what I've learned through it all: Leave all your cares and anxieties at the feet of the Lord, and measureless grace will strengthen you.

23 He will watch over his lovers, never letting them slip or be overthrown.

2. YOU CANNOT WORRY AND TRUST GOD AT THE SAME TIME.

James 1:6 –ERV

...But when you ask God, you must believe. Don't doubt Him...

Philippians 4:6-7- AMP

5 "Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.

6 And God's peace, which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus"

Matthew 6:25-AMP

6 Therefore *I tell you, stop being perpetually uneasy (anxious and worried) about your life,...*

Living worry-free is simply a decision.

Matthew 6:31-NLT

So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?'

HOW TO STAY WORRY-FREE:

1. Separate the specific worry.
 2. Recall or discover what the Bible says about the situation/worry.
 3. Choose to believe what the Bible says.
- Hebrews 10:23-Message Bible
23 Let's keep a firm grip on the promises that keep us going. He always keeps his word.
4. Thank God for being faithful to His Word.
 5. Reject all temptation to take back worried feelings.

I Peter 5:7... gives this idea:

"Take that heavy burden, difficulty, or challenge you are carrying—the one that has arisen due to circumstances that have created hardship and struggles in your life—and fling those worries and anxieties over onto the back of the Lord! Let Him carry them for you! The Lord is extremely interested in every facet of your life and is genuinely concerned about your welfare."