

Today's Message: "Worry: Provision"

For anybody:

### ABCD's – An Emotional Management System

#### **Activating** Trigger Event

- The event that triggers the reactive process.

#### **Belief** Filter

- Established from memories of life experience during our formative years.

#### **Causing** Emotional **Reaction**

- The emotion we experience when our brain automatically connects a past memory and associated emotion with what we are currently experiencing.

#### **Deciding** Coping **Behavior**

- The defensive behavior we choose, believing we can avoid emotional pain.

For followers of Jesus:

<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. (2 Corinthians 10:3-5, NIV)

<sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2, NIV)

"Worry: Part 2"

Pastor Kent Chevalier

January 9 & 10, 2016

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### **The Promise of God's Provision:**

<sup>22</sup> Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. <sup>23</sup> For life is more than food, and the body more than clothes. <sup>24</sup> Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! <sup>25</sup> Who of you by worrying can add a single hour to your life? <sup>26</sup> Since you cannot do this very little thing, why do you worry about the rest? <sup>27</sup> "Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. <sup>28</sup> If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! <sup>29</sup> And do not set your heart on what you will eat or drink; do not worry about it. <sup>30</sup> For the pagan world runs after all such things, and your Father knows that you need them. <sup>31</sup> But seek his kingdom, and these things will be given to you as well. <sup>32</sup> "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. <sup>33</sup> Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. <sup>34</sup> For where your treasure is, there your heart will be also. (Luke 12:22-34, NIV)

### **The Definition of Need:**

<sup>12</sup> I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup> I can do all this through him who gives me strength.

<sup>19</sup>...God will meet all your needs according to the riches of his glory in Christ Jesus. (Philippians 4:12-13, 19 NIV)

### **Small Group or Personal Reflection Questions:**

1. When it comes to provision, what do you worry about most?
2. Is there something connected to your past that causes you to worry about that particular provision?
3. What does Jesus have to say about God's provision for you in that specific area?
4. How will you submit your mind and emotions to the truth of God's Scripture?
5. Practice releasing your worry by filtering every feeling through belief in Jesus. How does that change you?

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