

Emotions of Life

Matthew 6:25-26 (NIV) "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?"

- I. Worry is the silent killer of faith.
- II. Worry holds on to the wrong things.

Philippians 4:6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God.

1 Peter 5:7 Cast all your anxiety on him because he cares for you.

- A. Worry causes us to be overwhelmed.

Psalms 77:3 I remembered you, O God, and I groaned; I muse, and my spirit grew faint.

1. Being in the right place doesn't mean we have the right heart.
2. Knowing a truth and living it are not the same thing.

- B. Align our heart with our head.

1. In the heart we believe, in our mind we will let go of the problem.
2. People pray about problems but then won't release the problem.

- C. Complaining means we are not letting go of the issue.

- D. The adversary wants to persecute our soul.

Psalms 143:3 The enemy pursues me, he crushes me to the ground; he makes me dwell in darkness like those long dead.

- III. Don't hold on to the wrong things.

- A. What you carry moves you to faith or fear.

1 Peter 5:7 Cast all your anxiety on him because he cares for you.

- B. Letting go of worry is a decisive action.

Psalm 55:23b But as for me, I trust in you.

- C. Think on God's Word.

Philippians 4:8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

- D. Once you cast your cares, act as though they are gone.

James 1:22 Do not merely listen to the word, and so deceive yourselves. Do what it says.

- E. God's power flows when you leave things at His feet.

Matthew 15:29-31 Jesus left there and went along the Sea of Galilee. Then he went up on a mountainside and sat down.³⁰ Great crowds came to him, bringing the lame, the blind, the crippled, the mute and many others, and laid them at his feet; and he healed them.³¹ The people were amazed when they saw the mute speaking, the crippled made well, the lame walking and the blind seeing. And they praised the God of Israel.