

## How Trust Replaces Worry



**READ:** Matthew 6:25-34

<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.

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*Worry implies that we don't quite trust God is big enough, powerful enough, or loving enough to take care of what's happening in our lives.*

Francis Chan: Crazy Love

## **REFLECT:** What is the *Divine Displacement Process*?

**Concern** = focuses on the challenges and problems that you can...

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It asks: What now?

**Worry** = focuses on what is beyond your control and moves you...

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It asks: What if?

Q: Has anything ever gotten better because you worried? Anything every changed when you spent so much energy thinking about the situation?

**RESPOND:** *What needs to happen to displace worry with trust?*

**S = STOP...** your anxious thoughts and turn your mind towards Jesus and what HE promises to give.



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**T – Take a breath, Think & Thank**

Take a few deep breaths and then remind yourself of how much God loves you. Realize how near He is to you and thank him for that!

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. Philippians 4:4

**O = Observe Options:** What can I do with this situation and what I'm feeling and thinking? Is it a concern I can do something about OR a worry that I don't have control over?

Search me, O God, and know my heart; test me and know my anxious thoughts. Psalm 139:23-24

**P = Pray, Plan & Proceed**

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6



**STOP Outcome**

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7

**Plan & Proceed:**

<sup>8</sup> Finally, brothers and sisters, 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. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. Philippians 4:8-9

**How often do you apply this verse to your life?**

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*  
Matthew 11:28-29

**Respond & Apply: Individual & Small Group Discussion Guide**

Hannah Whitall Smith discovered this about worry...  
*What is needed for happy effectual service is simply to put your work into the Lord's hand, and leave it there. Do not take it to Him in prayer, saying, "Lord, guide me, Lord, give me wisdom, Lord, arrange for me," and then arise from your knees, and take the burden all back, and try to guide and arrange for yourself. Leave it with the Lord, and remember that what you trust to Him you must not worry over nor feel anxious about. Trust and worry cannot go together.*

What are those "concerns" you can do something about now?

What are the "worries" that you need to take time to release into God's hands?

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*Are you interested becoming a Mission Partner at NewDay?*

**Mission Partner Orientation**

Sunday, May 7 at 11 am -12:30 pm  
at the Isaak Walton Cabin  
(lunch will be provided!)

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**Next Week: *Learning Through Losses***

Matthew 16:13-24, Luke 22:31-34,59-61;, John 21:15-19

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*NewDay Envisioning Our Ministry Values*

- 1. We are a community that has a passion to serve others.**
- 2. We are a community that longs for deeper life relationships With God and others.**
- 3. We are passionate about investing in children, youth, and families.**
- 4. We are a people who have a desire to be led by and experience the power of the Holy Spirit in everyday life.**

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**FIND OUT MORE...** [newdaycov.org](http://www.newdaycov.org)  
(Online giving: <http://www.newdaycov.org/give>)