

# DON'T WORRY BE HAPPY

Jesus said, “*Don't ever worry about tomorrow. After all, tomorrow will worry about itself. Each day has enough trouble of its own.*” *Matthew 6:34 (gw)*

**Worrying is unhelpful, unreasonable, and unhealthy.**

The old English word for worry means to ***strangle*** or ***to choke***.

**Worry and anxiety suffocates our hope and our strength.**

**ANTIDOTE: Trust God to take care of us in our time of need.**

*Psalms 23:1 (nlt) The Lord is my shepherd; I have everything I need.*

*Isaiah 40:11a (ncv) God takes care of His people like a shepherd...*

**A shepherd...**

**Provides** the necessities of life.

**Protects** against harm and danger from predators.

**Guides** those who are confused and who have lost their way.

**Corrects** negative and undisciplined behaviour.

*Philippians 4:19 (ph) My God will supply all that you need from His glorious resources in Christ Jesus.*

There is a difference between our needs and our wants.

God has promised to provide for our needs.

**Worry is unnecessary if God is our Shepherd.**

God cannot be our Shepherd until He is our Lord. *The Lord is my shepherd. Psalms 23:1 (nlt)*

The Hebrew and the Greek words for shepherd both mean “*supreme in authority, the master - the one who is in control.*”

*John 10:14; 27 (niv) Jesus said, “I am the good shepherd ... My sheep know Me ... they listen to My voice, and they follow Me.”*

When Jesus is our Lord, we **know** Him, we **listen** to Him, and we **follow** Him.

**Behind all our worry is a fear that we are not in control.**

- Fear and worry put our circumstances between us and Jesus.

- Faith and trust in Jesus put Jesus between us and our circumstances.

## **WORRY DOESN'T CHANGE ANYTHING, BUT PRAYER CAN!**

*Philippians 4:6 (amp) Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God.*

If it's big enough to worry about then it's big enough to pray about!

## **JESUS' ABILITY TO HELP US IS GREATER THAN OUR WORRY.**

*1 Peter 5:7 (amp) Casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].*

To **cast** means to throw something forcefully. Throw your cares upon Jesus through prayer.

## **LIVE ONE DAY AT A TIME.**

*Matthew 6:34 (tlb) "So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time."*

**Overcoming worry is a day-to-day choice.**

Trust in Jesus as our Shepherd to provide, protect, guide and to comfort us.

## **Who is in control of our life?**

*Psalm 23 (niv) The Lord is my shepherd, I lack nothing.*

*Psalms 23* is about a relationship with God our Shepherd!

**God wants a relationship with us.**

**That's why He sent Jesus Christ.**

Jesus loves you and He cares about you, and He can help you.

So, don't worry, be happy!

**God's antidote to worry is to trust Him to take care of us in our time of need.**