

## Christ's Word to Worriers: Think on These Things

"...your heavenly Father knows..." (Matthew 6:32)

Does "worry" really need to be defined?

- Biblically "worry" or "anxiety" means to be drawn in different directions, to be distracted; to have anxious or distracting care.
- To be concerned, troubled or uneasy; to disturb the peace of mind or afflict with mental agitation or distress; to think moodily or anxiously about something.

### Gospel Declarations + Gospel Obligations = Gospel-Centered Counseling

Hear your Savior's Declarations: Matthew 6:25-34

- You are of more value than the birds that your Heavenly Father cares for.
- God cares more for you than He does the grass of the field, which is clothed beautifully by Him.
- Your Heavenly Father knows what you need.
- He not only knows what you need, He's both willing and able to provide for you.
- Everything you truly need will be given you.

*I trust him so much that I do not doubt he will provide whatever I need for body and soul, and he will turn to my good whatever adversity he sends me in this sad world. He is able to do this because he is almighty God; He desires to do this because he is a faithful Father* (The Heidelberg Catechism Q. 26).

How can we be assured of God's love for us? By the gospel.

- The incarnation
- The sinless life
- The crucifixion
- The resurrection
- The ascension

What does the gospel tell us about God's ability and willingness to care for us and provide for us?

- What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? (Romans 8:32)
- By faith continually reflect on all he's already done for you and your faith will grow. Reason within your heart: If he was willing to do all this to meet my deepest need, won't he also provide all that I need in this sad world?
- Nothing – not death nor life nor any created thing can separate us from God's love for us in Jesus (Romans 8:37-39). In every circumstance we can be "more than conquerors" because of his love for us.

*Because of this...this.*

Hear the Gospel Obligations (Put Off/Put On)

- Do not be anxious about your life (food, clothing, shelter or anything else).
- Do not anxiously question God's ability or desire to provide for you.
- Seek God's kingdom (not your own).
- Seek God's righteousness (not your own).
- Attack your unbelief, worry and anxiety in faith believing that you can war against it because your Savior has already been tempted in this way without sin. His perfect record is yours and because it is, you can be assured that he's watching over you.
- "Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need." (Hebrews 4:14-16)
- "Humble yourself under his hand and cast all your cares on him because he cares for you" (1 Peter 5:7).
- "I believe that I shall look upon the goodness of the LORD in the land of the living! Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!" (Psalms 27:13-14)
- "Commit your way to the LORD; trust in him, and he will act" (Psalms 37:5).
- "Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved" (Psalms 55:22)
- "When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?" (Psalms 56:3-4)
- "The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me — practice these things, and the God of peace will be with you." (Philippians 4:5-9).

*Providence is the almighty and ever present power of God by which he upholds, as with his hand, heaven and earth and all creatures and so rules them that leaf and blade, rain and drought, fruitful and lean years, food and drink, health and sickness, prosperity and poverty – all things, in fact, come to us not by chance but from his fatherly hand.*