How to Set Worry Aside

Luke 12:22-32

[22] And He said to His disciples, "For this reason I say to you, do not worry about your life, as to what you will eat; nor for your body, as to what you will put on. [23] For life is more than food, and the body more than clothing. [24] Consider the ravens, for they neither sow nor reap; they have no storeroom nor barn, and yet God feeds them; how much more valuable you are than the birds! [25] And which of you by worrying can add a single hour to his life's span? [26] If then you cannot do even a very little thing, why do you worry about other matters? [27] Consider the lilies, how they grow: they neither toil nor spin; but I tell you, not even Solomon in all his glory clothed himself like one of these. [28] But if God so clothes the grass in the field, which is alive today and tomorrow is thrown into the furnace, how much more will He clothe you? You men of little faith! [29] And do not seek what you will eat and what you will drink, and do not keep worrying. [30] For all these things the nations of the world eagerly seek; but your Father knows that you need these things. [31] But seek His kingdom, and these things will be added to you. [32] Do not be afraid, little flock, for your Father has chosen gladly to give you the kingdom.

There is a major difference between concern and worry. Concern is directed toward positive outcomes and does not capture the mind. It analyzes and assists as it can. Worry takes over. It doesn't move toward a real solution. In its consuming fashion, it moves to isolate us and makes us feel helpless. Jesus knows the enemy uses this tool to rob us of our strength and courage. He also gives us an understanding of how to escape our cycles of worry.

To escape worry
1. Stop
   Psalm 4:4, 46:10, Exodus 14:13

2. Evaluate
   2 Chronicles 20:15, 2 Chronicles 20:17, Jeremiah 17:14

3. Refocus
   Psalm 33: 16-22, Deuteronomy 10:17, Psalm 27:10

4. Trust
   Psalm 56:3, Psalm 9:10, Isaiah 12:2, 2 Corinthians 1:9

5. Fellowship
   Ecclesiastes 4:9-12, Romans 12:10, 1 Thessalonians 5:11