

# TRAPPED

## *Worry Wart*

Luke 12:22-26 Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. <sup>23</sup> Life is more than food, and the body more than clothes. <sup>24</sup> Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! <sup>25</sup> Who of you by worrying can add a single hour to his life? <sup>26</sup> Since you cannot do this very little thing, why do you worry about the rest?” (NIV84)

Proverbs 12:25 Worry weighs a person down; an encouraging word cheers a person up. (NLT)

### **1. Work on a plan**

Luke 12:22 Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.” (NIV84)

Proverbs 21:5 Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty. (NLT)

### **2. Work on your faith**

Luke 12:27-28 “Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. <sup>28</sup> If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith!” (NIV84)

### **3. Work on your heart**

Luke 12:29-30 And do not set your heart on what you will eat or drink; do not worry about it. <sup>30</sup> For the pagan world runs after all such things, and your Father knows that you need them. (NIV84)

Hebrews 13:5 Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” (NIV84)

Psalms 119:36-37 Turn my heart toward your statutes and not toward selfish gain. <sup>37</sup> Turn my eyes away from worthless things; preserve my life according to your word. (NIV84)

#### **4. Work on your worship**

Luke 12:31-34 But seek his kingdom, and these things will be given to you as well. <sup>32</sup> “Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. <sup>33</sup> Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will not be exhausted, where no thief comes near and no moth destroys. <sup>34</sup> For where your treasure is, there your heart will be also.” (NIV84)