

When Worry Becomes Trust

Philippians 4:6-7 - *Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.* MESS

1. Worry can be reshaped.

- The attitude of gratitude thwarts the attitude of hopelessness.

2. Worry can be removed.

- Prayerful people are usually peaceful people.

➤ Our ability to trust God must be greater than our pull towards hopelessness.

1. He knows everything about us.

Ps 139:1-6 - *O LORD, you have searched me and you know me. 2 You know when I sit and when I rise; you perceive my thoughts from afar. 3 You discern my going out and my lying down; you are familiar with all my ways. 4 Before a word is on my tongue you know it completely, O LORD. 5 You hem me in--behind and before; you have laid your hand upon me. 6 Such knowledge is too wonderful for me, too lofty for me to attain.* NIV

2. We can't get away from God.

Ps 139:7-12 - *Where can I go from your Spirit? Where can I flee from your presence? 8 If I go up to the heavens, you are there; if I make my bed in the depths, you are there. 9 If I rise on the wings of the dawn, if I settle on the far side of the sea, 10 even there your hand will guide me, your right hand will hold me fast. 11 If I say, "Surely the darkness will hide me and the light become night around me," 12 even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.* NIV

3. We are very much on God's mind.

Ps 139:13-18 - *For you created my inmost being; you knit me together in my mother's womb. 14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full*

well. 15 My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, 16 your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be. 17 How precious to me are your thoughts, O God! How vast is the sum of them! 18 Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you. NIV