

Let Me Introduce You

“To the God Who Knows and Will Provide”

PASTOR JENNIFER ALESSIO

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Thread: **Let me introduce you to the God who knows and will provide everything we need.**

- **According to amenclinics.com, 40 million American adults, which is over 18% of the population, experience anxiety.**
- **Anxiety also affects nearly 1 in 3 teens, and research shows that number is rising.**

Do Not Worry

“That is why I tell you not to worry (Greek word for worry is merimnaō: be anxious about, worry, have anxiety, be concerned) about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.”

Matthew. 6:25-34 NLT

1. **When you are anxious, choose FAITH.**
- The writer of Hebrews tells us in Chapter 11:1: *“Faith shows the reality of what we hope for; it is the evidence of things we cannot see.”*
 - Faith is a choice. It takes work on our part. Faith requires us to put our emotions and fears aside and choose to trust in God because of who He has revealed Himself to be in the Bible. The Bible is His holy, inspired revelation for us and tells how He has provided and cared for us in the past.
 - Faith is not dependent on our circumstances, our emotions, our employers, our leaders, our relationships, our physical bodies or our finances because our

Heavenly Father does not change. He always was, always will be and always has a good plan for our lives.

- *“From eternity to eternity I am God. No one can snatch anyone out of my hand. No one can undo what I have done.”* **Isaiah 43:13 NLT**
- When we choose to have faith in God, we are choosing to have faith in His character, which is the essence of who He is and proves He will do what He says He will do.
- When we put our faith in God, we are putting our trust in our Heavenly Father who knows everything we need **because God is good.**
- *“The Lord is good, a strong refuge when trouble comes. He is close to those who trust in him.”* **Nahum 1:7 NLT**
- God is good, and God loves you.
- *“But you, O Lord, are a God of compassion and mercy, slow to get angry and filled with unfailing love and faithfulness.”* **Psalms 86:15 NLT**
- God has a good plan and a purpose for our lives.
- *“For I know the plans I have for you, says the Lord. They are plans for good and not for disaster, to give you a future and a hope.”* **Jeremiah 29:11 NLT**
- Our God never sleeps or slumbers and watches over every detail of our lives.
- *“I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! He will not let you stumble; the one who watches over you will not slumber. Indeed, he who watches over Israel never slumbers or sleeps.”* **Psalms 121:1-4 NLT**
- God cares about you so much that He can count every hair upon your head.
- *“And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows.”* **Luke 12:7 NLT**
- God does not desire that any one of us should perish.
- *“The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us, not willing that any should perish, but that all should come to repentance.”* **2 Peter 3:9 NKJV**
- Every person has value to God. His desire is for every person to come into a saving relationship with Jesus Christ.

- After Jesus challenges us to choose faith, He reminds us not to worry or be anxious about our everyday lives “because these things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.”
- Then He tells us what to do to battle fear, worry and anxiety.

2. **Seek the kingdom of God above all else, and live righteously, and He will give you everything you need.** So how do we seek the kingdom of God and live righteously?

- **By choosing God’s thoughts, God’s perspective, and God’s best ideas for our lives. God’s thoughts:** Choosing God’s thoughts is simply the process of taking the time to slow down and pay attention to our hearts, our emotions and our thoughts and comparing them to the word of God. The Apostle Paul calls this renewing our minds and putting on the mind of Christ. It is the process of coming to God in prayer with everything that concerns us and surrendering that concern to Him.

We seek the Kingdom of God by choosing God’s thoughts

- Choosing God’s perspective on our circumstances, which requires looking at our circumstances through the lens of faith.
- Choosing God’s best ideas for our lives, which always include: loving God, loving others (treating others the way you want to be treated), and making wise choices. How well do my choices line up with the word of God?

3. **Live in the PRESENT.**

- The enemy knows that if he can get us thinking about what happened yesterday or worrying about what might happen tomorrow we will miss the gift God has for us today. We will miss a smile from our spouse, an opportunity to play with our kids, encouragement from a friend. We need to learn to live in the present, because if we don’t, we will end up missing our lives.

Challenge:

- 3 for 30
- What concern have you been holding on to that you need to surrender to God?
- How can you choose God’s thoughts, God’s perspective and God’s best ideas for your life this week?

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