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–Leaving Our Worries Behind–

*Matthew 6:25-34*

Pastor Peter Nikkel

Coast Hills Community Church

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**Matthew 6:25**“That is why I tell you not to worry 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? **26**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? **27**Can all your worries add a single moment to your life?

**28**“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, **29**yet Solomon in all his glory was not dressed as beautifully as they are. **30**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?

**31**“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ **32**These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. **33**Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

**34**“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

**Jesus gives us three practical ways of reducing stress and worry:**

1. **We reduce stress and worry when we focus on how much God loves us.**

*Matthew 6:26Look 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?*

1. God has promised to provide for us
2. God has promised that he will never leave us or forsake us

*Romans 8:31 (Message) So, what do you think? With God on our side like this, how can we lose?*

1. **We reduce stress and worry when we accept ourselves with our limitations.**

*Matthew 6:27 (Message)Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch?*

1. We can’t change our past bad choices
2. We can’t change the bad things others have done to us
3. We can’t change where we are at, but we can change where we are going
4. **We reduce stress and worry when we follow a positive plan of action.**

*Matthew 6:33…and he will give you all you need from day to day if you live for him and make the Kingdom of God your primary concern.*

1. We need a positive spiritual plan
2. We need a positive financial plan
3. We need a positive plan to promote harmonious relationships

**Action Steps – I will implement the words of Jesus by:**

1. Accepting how much God loves me in spite of my failures
2. Set some godly goals for myself for Year 2016