

# “If \_\_\_\_\_ Happens I Will Literally Die”!!!

How many times have you said that to yourself, maybe if not out loud you've certainly thought it! **What are some things that make you feel overwhelmed?**

The New School Year can bring about a host of anxieties all its own! Do you have any anxiety about the new school year, (maybe some of you are transitioning from jr high to high school or first year in college)

Jesus personally offers an excellent sermon called the sermon on the mount in Matthew 5-8! In this sermon He delivers very encouraging words about God's sovereignty (control and help) over these situations and feelings!

Turn to Matthew chapter 6:25-26 (read them) In verse 26 notice how Jesus talks about the birds sowing and reaping, this refers to how men (and women) strive for success (man's (or woman's) approval) they work to receive a paycheck always striving to reach the top of the ladder, or similarly how men invest money and receive a return. You may see this in your own life as you plan your career paths with your education and are currently making choices to try to achieve your goals and dreams and these things are fine as long as they don't take precedence over your eternal choice to serve Christ! Jesus reminds us that God always takes care of the birds and that we are of even more value than they! **Have you seen pursuits in your own life take precedence over your walk with Christ?**

Verses 25-26 talk about anxiety within ourselves what about anxiety about the way others view us? Look at verse 28-30 (read them) (vs 28) The flowers of the field do not worry about what they will wear or how they will look yet they are beautiful! (Vs 29) Even Solomon with all his riches could not buy a wardrobe awesome enough to be more beautiful than the lilies of the field and even if he ever could find the perfect pair of bellbottom pants and matching converse to match the beauty of the flowers his glory would be shortlived because like the grass of the fields (vs 30) trends are alive today and thrown into the oven tomorrow! I think the best way we have seen this play out is with the classic fanny pack. Reaching the height of its success in 1988 the fanny pack has almost disappeared from fashion articles across the nation save for the occasional reminder of the fashion flop! The fanny pack has faded into obscurity hopefully forever! **Do you often forget that you are beautiful just because you are God's creation like the flower and not because of your designer clothes? This passage goes**

**beyond just clothing and refers also to how we strive to be accepted by other people (peers, bf/gf, etc.). (feel free to keep this answer to yourself) Have you ever compromised what you knew to be right to be accepted by others?**

(Vs 31-32) (read that) Another reminder to not worry about how we will live tomorrow or look to other people. The word "Gentile" here means unbeliever. Jesus reminds us in vs. 32 that the unbelievers worry about all these things and to them life is not even eternal, we as believers have the understanding that if we are saved Christ has already taken care of our greatest need which is salvation and all other things are secondary not to mention God already knows you need all these things, therefore he is more than willing to take on the worry so you don't have to in fact he is glorified when we step out of the way and let him be God! Besides.....

The Million Dollar Question: Vs 27

The Million Dollar Answer: Vs 33 – Seek first to please God, seek first to do his Will, let him take care of second things (food, clothes, etc.)

Bonus Material: Vs 34 – Scholars say that on average 85% of things we worry about never happens anyway, and Jesus reminds us here that that is true because "tomorrow will be anxious for itself." And "sufficient for the day is its own trouble" reminds us that sometimes unexpected things come. But even God knows about those and is working all things out according to his purpose which is ultimately for our good whether we can see it or not in the moment! **Have you ever worried about something that never happened? Do you ever forget about the fact that Jesus has already conquered our biggest giants of sin and death by His sacrifice on the cross therefore we are already more than conquerors as children of His?**