



Message Five
Will You Trust God With Your Future?
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According to **Harper's Index**, the average American is in a bad mood 110 days out of the year! Many of our bad days have to do with anxiety about the future. Some of us are occasional worriers. Some of us are chronic worriers. None of us escape the woes of worry altogether.

Our English word *worry* comes from the German word which means "to choke." In the Greek New Testament, the word for *anxiety* means "to divide the mind." It is the inability to focus on today because of worry about tomorrow.

Let's hear the words of Jesus...

Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.
(Matthew 6:34, Msg)

WORRY HAPPENS

Matthew 6:34, *Do not be anxious about tomorrow.* (NIV)

Philippians 4:6, *Do not be anxious about anything.* (NIV)

The literal translation of this is "**don't continue to worry.**"

Anxiety is an emotion and as such it is not a choice.

Our reaction to anxiety is a choice.

The message of Scripture is "don't surrender to anxiety."

Paul told us not to worry, but he had worries of his own.

Philippians 2:25-28, I think I ought to send my dear friend Epaphroditus back to you...You sent him to look after me...He is worried, because you heard he was sick. In fact, he was very sick and almost died. But God was kind to him, and also to me, and he kept me from being burdened down with sorrow. Now I am more eager than ever to send Epaphroditus back again. You will be glad to see him, and I won't have to worry any longer. (CEV)

TRUST IS THE ANTIDOTE TO WORRY

Psalm 56:3, *When I am afraid, I will trust you. (NCV)*

Psalm 91:1-2, *You who sit down in the High God's presence, spend the night in Shaddai's shadow, Say this: "GOD, you're my refuge. I trust in you and I'm safe!" (Msg)*

Trust is the act of my will to give my anxieties to God.

1 Peter 5:7, Give all your worries to him, because he cares about you. (NCV)

THE PATHWAY OF A TRUSTING LIFE

Philippians 4:6-9, *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. (NIV)*

The pathway begins with **right praying**.

You will know you have prayed well, when you experience God's peace.

Right praying joins **petition** and **thanksgiving**.

The pathway is sustained by **right thinking**.

We must learn how to point our thoughts in the right direction.

2 Corinthians 10:5, *We capture every thought and make it give up and obey Christ. (NCV)*

The pathway ends in **right actions**.

The evidence of trust is a life of **obedience**.