

## God's Solution to Our Anxiety (Luke 12:22-31)

Dr. Deric Thomas

*[22] And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. [23] For life is more than food, and the body more than clothing. [24] Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! [25] And which of you by being anxious can add a single hour to his span of life? [26] If then you are not able to do as small a thing as that, why are you anxious about the rest? [27] Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. [28] But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith! [29] And do not seek what you are to eat and what you are to drink, nor be worried. [30] For all the nations of the world seek after these things, and your Father knows that you need them. [31] Instead, seek his kingdom, and these things will be added to you.*

### Notes:

-What causes you the most worries (anxiety)?=

*[17] So faith comes from hearing, and hearing through the word of Christ. [Rom 10:17 ESV]*

*[6] And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him. [Heb 11:6 ESV]*

*[8] Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him! [9] Oh, fear the LORD, you his saints, for those who fear him have no lack! [10] The young lions suffer want and hunger; but those who seek the LORD lack no good thing... [15] The eyes of the LORD are toward the righteous and his ears toward their cry... [19] Many are the afflictions of the righteous, but the LORD delivers him out of them all. [Ps 34:8-10, 15, 19 ESV]*

*[3] Trust in the LORD, and do good; dwell in the land and befriend faithfulness. [4] Delight yourself in the LORD, and he will give you the desires of your heart. [5] Commit your way to the LORD; trust in him, and he will act... [9] For the evildoers shall be cut off, but those who wait for the LORD shall inherit the land... [11] But the meek shall inherit the land and delight themselves in abundant peace... [25] I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread. [Ps 37:3-5, 9, 11, 25 ESV]*

*[7] casting all your anxieties on him, because he cares for you. [1Pet 5:7 ESV]*

*[19] And my God will supply every need of yours according to his riches in glory in Christ Jesus. [Phil 4:19 ESV]*

*[1] If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. [2] Set your minds on things that are above, not on things that are on earth. [Col 3:1-2 ESV]*