

**Red Letter Part 7: Be Free**

*(Hebrews 12:2-3 NASB) Fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.*

*(Luke 23:44-46 NIV) "It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, "Father, into your hands I commit my spirit." When he had said this, he breathed his last."*

**Principle #7: Finally surrender your day to God, and let it go.**

*(1 Peter 5:7 NIV) "Cast all your anxiety on him because he cares for you."*

**Why Worry?**

*(Philippians 4:6-7 LB) "Don't worry about anything; instead, pray about everything; tell God your needs ... If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand."*

**✓ Worry is unreasonable.**

*(Matthew 6:25 NIV) "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?"*

**✓ Worry is unnatural.**

*(Matthew 6:26 NIV) "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"*

**✓ Worry is unhelpful.**

*(Matthew 6:27 NIV) "Who of you by worrying can add a single hour to his life?"*

✓ **Worry is unnecessary.**

*(Matthew 6:30 NIV) "If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?"*

**Be Free**

*(Psalm 31:4-5 NIV) "Free me from the trap that is set for me, for you are my refuge. Into your hands I commit my spirit; redeem me, O LORD, the God of truth."*

**1. Get to know God.**

*(Matthew 6:31-32 NIV) "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them."*

*(Matthew 6:32 Message) "People who don't know God and the way He works worry over these things..."*

**2. Put God first in every area of your life.**

*(Matthew 6:33 NIV) "But seek first his kingdom and his righteousness, and all these things will be given to you as well."*

**3. Live one day at a time.**

*(Matthew 6:34 NIV) "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*