

SERIES: LIVING THE GOOD LIFE
PART 2: LETTING GOD MEET MY NEEDS

Welcome home, everyone. If you are our guest today, we welcome you as family because that is what we are here at CVCHURCH. We are a multi-cultural and intergenerational church. If you are our guest this morning (afternoon), Kathe, my wife, and I have been on vacation for three weeks. It is so good to be back home with our family. We're in a series I started the last Sunday I was here on July 9th entitled LIVING THE GOOD LIFE. If you missed my first teaching I highly recommend that you go to our website and listen online, because it is the foundation for what I am going to be teaching on for the next 9 weeks. We looked at when you don't understand how good God really is, it created all kinds of problems in your life. We specifically looked at the four sources of stress in your life that you don't need when you understand the goodness of God.

What I want to start with you today is looking at each verse of this famous Psalm entitled OUR SHEPHERD. This is a perfect picture of the goodness of God, and it gives you the antidote to the nine greatest sources of stress in your life. Today, I want to look at the issue of worry. I want to look with you at three commitments you will want to make to the fundamental truths about God's goodness. 2nd, I want you to learn the 5 reasons God doesn't want you to worry and 5 actions you can take that will help you learn to trust Jesus to meet your needs. If you will take notes, attend one of our small groups and put into practice these biblical truths that are meant to turn into the practices of your daily lifestyle, you will experience more of God's **provision**. You will have more **balance** in your life. You will grow in your ability to be more **resilient**. God's **guidance** will become normal. You will have more **confidence and assurance** in your life. You will expect to see God's **abundance and benevolence** in your everyday dealings, and you have a great clarity concerning God's **inheritance** that He has prepared for you. It just doesn't get any better than this, does it?

Look at Point I with me...

I. Commit to these three fundamental truths about God's goodness

A. God is the source of everything I need to live

Please read Psalm 23:1 out loud with me, **“The Lord is my Shepherd, I will lack nothing.”** This is where Jesus says, “I will be your security in every area.” What is a shepherd? Most of us did not grow up on a sheep farm. Sheep are incredibly defenseless, because they're not fast. They can't really run. They don't have claws, and they don't have teeth with sharp incisors that can bite. They are not the smartest animals. They can fall off cliffs and get lost. They need someone to defend, protect and care for them. They need a shepherd. What does a shepherd do? Please write this in your notes. A shepherd feeds, leads and meets needs. Jesus says “I will be your shepherd throughout your life. I will feed you, lead you and meet your needs.” We all have various needs, right? Sometimes you need protection and sometimes you need comfort and sometimes you need encouragement. Sometimes you need discipline and correction. If you are a parent, you are a shepherd, loved friends. Dads, it is your job to feed, lead and meet your children and wife's needs. Mom, it is your job to feed, lead and meet needs of your children. You have a shepherd's role. As a pastor I am a shepherd. It is my job to feed, lead and to meet your needs. What do shepherds do? If you are a small group leader or you're involved in a ministry, you're a shepherd. The truth is every one of us here were designed by God to feed, lead and care for others. God is looking for every one of you to step up and respond to God's call on your life to feed, lead and care. Can you imagine the fruit and productivity we will experience here at CVCHURCH as you, our family, responds to God's challenge to shepherd others?

B. There is nothing I need that God's can't supply

Friends, this is good news. There is nothing that I need--that you need--that God cannot supply. We will look at this in depth, but in Philippians chapter

4:19 the Bible says, **“You can be sure that God will take care of everything you need, His generosity exceeding even yours in the glory that pours from Jesus.”** This is from the Message paraphrase. In other words, God’s goodness is not based on your goodness. It’s based on His goodness. You don’t have to be good for God to be good to you. God is good to you because of what Jesus did on the cross. The first two fundamentals that are keys to living the good life and learning how to let God meet your needs are first believe that **GOD IS THE SOURCE OF EVERYTHING YOU NEED TO LIVE. 2ND, THERE IS NOTHING THAT YOU NEED THAT GOD CANNOT SUPPLY.**

C. God doesn’t want me worrying about anything

God wants us to be free from worry, fretting, anxiety, and fear. Worry may be the most common sin on the planet. God says, “I don’t want you worrying about anything.” Philippians 4:6 says, **“Don’t worry about anything.”** Proverbs 12:25 tells us why God doesn’t want us worrying. **“Worry weighs a person down.”** You can pray, or you can panic. If you’re not praying, you’re panicking. You can worry, or you can worship. If you’re not worshiping, you’re worrying. When you invite worship in the front door of your heart, worry goes out the back door. In the Sermon on the Mount, Jesus gives us five reasons why worry is absolutely worthless. I will give these to you quickly, and then we will look at the antidote to worry, and how to trust Jesus to meet our needs.

II. Know why God doesn’t want you to worry

A. Worry is unreasonable

Worry just doesn’t make sense. It’s illogical and irrational and unreasonable when you truly trust that your life matters to Jesus. Jesus makes this statement very clearly in 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?”** For some of us, this might be a real revelation. Jesus says worry comes when you make food and what you wear what you drive and where you

live and what you look like more important than what I meant it to be for you. Worry is unreasonable for three reasons. 1) Typically we worry about the wrong things.

B. Worry is unnatural

It's unnatural for human beings to worry. Ants don't worry. Cows don't worry. Plants don't worry. Rocks don't worry. Horses don't worry. The only creation that worries are human beings in rebellion against God. You were not made to worry. In the Sermon on the Mount, Jesus gives us a couple of lessons. He gives us a biology and botany lesson. In Matthew 6:26 Jesus says, **“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 than they are?”** Jesus says the birds don't worry about how they will be fed, because our Heavenly Father feeds them. Then in vv. 28-29 Jesus says, **“Why do you worry about your clothes. Look at the field of lilies! They don't worry about theirs. Yet King Solomon in all of his glory was not clothed as beautifully as they are.”** Jesus says, “All of My creation trusts My care except humans.” He's saying worry isn't natural. Did you know you weren't born to worry? There is no such thing as a worry gene. Some of you might think, “Well, I was born a worrier.” No, you're not. You learned it by watching other people worry. No baby worries. They learn to worry by how they are treated by people such as parents, siblings and extended family and friends. They learn to worry by watching other people worry. Now, anything that's learned can be unlearned. You don't have to go the rest of your life being a worrywart, being so uptight that your stomach is in a knot and getting a tight and tense back, or a migraine headache. All of these symptoms come from worry. God says you don't need to worry because worry is unreasonable, and worry is unnatural.

C. Worry is unhelpful

Jesus says in Matthew 6:27, **“Can all your worries add a single moment of your life?”** What does Jesus mean by that? He says worrying like you do is useless. It doesn't work. Worry is worthless. It doesn't change anything when

you worry for the good, but it can be deadly for your heart, nervous system and sense of well-being. Jesus says worry will never add a single minute to the longevity of your life. Worry does just the opposite--it can shorten your life. Worry doesn't change your situation or the other people you're worrying about, but it can negatively impact your life. God did not design you to worry. You were not created to internalize your worry and stress. It will only make you sick. Worry is unreasonable, unnatural and unhelpful. Proverbs 12:25 says, **“Worry weighs a person down.”**

D. Worry is unnecessary

This is the fourth truth Jesus teaches us in the Sermon On The Mount. Matthew 6:30 says, **“And if God cares so wonderfully for wild flowers that are here today and thrown into the fire tomorrow, He will certainly care for you. Why do you have so little faith?”** Jesus teaches us that God has assumed responsibility for the needs in your life. He cares for you because He says you are valuable. You have value. You want to know how much value you have to God. You just need to look at what Jesus did on the cross for you. Jesus paid the price for your sin and rebellion and gave His life sacrificially so that you could be reconciled to Father God. Worry is simply you assuming responsibility where God never intended for you to have. Every time you worry it's a warning “I'm playing God. I'm acting like God. I'm thinking that it all depends on me, and that I don't have a Heavenly Father, that I don't have a Shepherd who will feed, lead and meet my need.” Have you noticed you don't worry if you truly believe and understand that God is your Heavenly Father, and you believe His goodness towards you? When you believe He has you covered worry is unnecessary.

E. Worry is unbelief

Worry is simply unadulterated unbelief and doubt in God's goodness and willingness and ability to take care of me. God has promised to take care of every need in your life if you trust Him over and over and over. When you doubt that, you are an unbeliever at that moment. Every time you worry, you

act like an unbeliever. Philippians 4:19 in The Message paraphrase says, **“You can be sure that God will take care of everything you need, His generosity exceeding even yours in the glory that pours from Jesus.”** Paul states that if God’s going to take care of every need, every time you worry you are doubting God. Have you ever thought about that? That’s why worry is a sin. It’s doubting God. Jesus said in Matthew 6:32 in one translation, **“People who don’t know God and the way He works--they worry over these things.”** Now let me be honest with you. If you have not stepped over the line and put your faith and trust in Jesus Christ, and you have not put your trust and faith in what Jesus did for you on the cross, if you haven’t made Him the shepherd of your life, you should worry. You should worry, because you’re out there on your own. You’re not depending on your heavenly Father. You’re not depending on God’s goodness and grace and love. You’re depending on yourself. You have lots of reasons to worry if you don’t have Jesus Christ in your life. You can do that right now if you haven’t. So, Jesus gives us 5 reasons why God doesn’t want you to worry. **Worry is unreasonable, unnatural, unhelpful, unnecessary, and, bottom line, worry is unbelief in the goodness, unfailing love and faithfulness of God towards you.**

III. How to trust Jesus to meet my needs

A. Ask Jesus every day to be my Shepherd

Psalm 23:1 **“The Lord is my Shepherd; I will lack nothing.”** This is a powerful statement of trust, faith and dependence on Jesus, who is your shepherd. If the Lord is my shepherd, then He’s going to feed and He’s going to lead and He’s going to meet my needs today. By the way, He’ll not only feed, lead and meet your need, He can also forgive your misdeed and help you succeed if you simply put your trust in Him. What do you do? You do this every morning. When you get up, you sit on the side of your bed and you say. **“Jesus, You are my shepherd. I expect You to feed me, lead me and to meet my needs today, to help me succeed and to forgive my misdeeds. I will trust You today.”** I start every day by saying, **“The Lord is my shepherd. You’re a good God.”** I say it throughout the day. Every time you go into a meeting:

“Jesus, You are my shepherd. You’re going to help me in this meeting.” You have a major decision to make: “Jesus, You are my shepherd.” You might say it 10-20 times a day, but if you’ll start saying that truth, your worry will go down.

In John 10:14-15 Jesus said, **“I am the Good Shepherd; I know My own sheep, and they know Me, 15 just as My Father knows Me and I know the Father. So I sacrifice My life for the sheep.”** This is what Jesus did on the cross for you. He gave His life for you. If He loves you enough to die for you, He certainly loves you enough to feed, lead, and meet your need. This is a great prayer to pray each day. Psalm 28:9 **“Save Your people. We are Your special possession. Lead us like a shepherd and carry us in Your arms.”** You can pray these kinds of prayers. Jesus says to you today, “I am your shepherd. If You’ll let me, I can care for you. Bless you. Protect you. Save you. I will guide you and direct you and discipline you when you need it. I will defend you.” Every day, ask Jesus to be your shepherd.

B. Give Jesus first place in every area of my life

It is extremely important that I give Jesus first place in every area of my life. If you’re here today, and you say you’re a believer, you’ve given Him first place in your life. Then you will want to say, “I want You to be number one,” but there are different parts of your life that are not under His control. When you say, “Jesus, come into my house,” you need to say, “Have the whole house. You have access to my bedroom. You have access to my bathroom and to my kitchen. I give you access to that closet over there where I’ve got all kinds of stuff hidden. You have access to my garage, the living room and the dining room. It’s all Yours, Jesus. I want You to be the shepherd of every area of my house and my life.” Jesus says in Matthew 6:31-33 **“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.”** Here is something I have learned over my 63 years. Anytime I worry, that is a warning light that I have a particular area of my life that I have

not given first place to Jesus. Every time you worry, you go, “Oh, that’s an area where God’s not number one.” Any area of your life where God is not number one, you’re going to worry about it. Instead of getting down on yourself, use your worry to surrender that area of your life to Jesus right there and now.

C. Relax and give Jesus my worries in prayer

God wants you and me to be more relaxed in our lives. One of the most profound examples we have of this is Jesus in Matthew 8:23-27. Jesus was in the boat with His disciples and a fierce storm struck the lake with the waves breaking into the boat. Then the text says this in vs. 24: “But Jesus was sleeping.” What? How do you sleep through a storm that could sink your ship unless you were on drugs or drunk? I can tell you. Jesus had complete trust in His Father’s love, care and goodness towards Him, and He had no cares in the world. He knew He would not die before His time. Jesus wants us to learn to trust Him and the Father like He did. 1 Peter 5:6-7 says, **“Humble yourselves under the mighty power of God, and at the right time He will lift you up in honor. 7 Give all your worries and cares to God, for He cares about you.”** Just give all your cares to God. You simply relax and say to God, “Here are the things I’m worried about. I trust You with them all.” This will take some of us some time to get used to giving Jesus everything you’re worried about, but if you stick with it, it will become automatic after a while. Remember that it usually takes anywhere from two months to three months to make a habit change stick. So nothing is wrong with you if you don’t come by this naturally. Philippians 4:6-7 says, **“Don’t worry about anything. Instead, pray about everything. Tell God about all your needs. And thank Him for all He’s done for you. If you do this, you’ll experience God’s peace which is far more wonderful than the human mind can understand.”** That is the peace that passes understanding. It’s when you’re at peace, and you have no logical, rational reason to be a peace. I just lost my job and somehow I’m at peace about it. Why? The Lord is my shepherd. You just got the dreaded word and report from the doctor. It’s cancer. For some reason, I have peace about it. Why? The peace that passes understanding because the Lord is my

shepherd. Every day start the day and go throughout the day saying. “The Lord is my shepherd. Jesus I ask You to be my shepherd today. I give You the first place in every area of my life.” Then just relax. Every time a worry comes up, say, “The Lord is my shepherd.” Give that worry to God. Don’t hold onto it.

D. Trust Jesus for one day at a time.

In Matthew 6:34 Jesus says, “**So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.**” In other words, Jesus is saying you don’t need to borrow trouble from the future for yourself today. Jesus said, “I will give you enough grace for today. I am not going to give you the grace for tomorrow until you get to tomorrow. You don’t need it today.” Jesus is saying don’t open your umbrella until it starts to rain. The negative stuff you’re fearing hasn’t happened yet. You can’t change the future. You can’t change the past. Just trust Jesus for today. Worry for some of us may be our chronic sin. If it is, don’t despair. We now know that worry is unreasonable, unnatural, unhelpful; unnecessary and at the core of it is unbelief. If you will work these principles in your relationship with Jesus Christ you can make headway with your worry. If you need counseling find a counselor. I recommend that you attend our CR ministry and find a sponsor. There are plenty of good books on this issue. One of the best things you can do is to read through our Bible bookmark and do your devotions, and develop an intimate relationship with Jesus through prayer. Loved ones, I know this one inside out. I use to be depressed for at least 20 years. I worried about everything. At the core of worry is fear, pride and selfishness. When you are willing to face those things about yourself and trust all of your life to Jesus, you will begin to bang worry right in the face, and you will begin to experience the peace, joy and love of Jesus, and you will develop deeper relationships that will allow you to work these issues through with them. It will bring you closer to them and deepen your relationship with them and with Jesus. You just can’t beat that. One of the best places to find people you can trust to discuss these kinds of issues is to get in a small group. I am so proud of our small group. The majority of the group have developed relationships with each other, not me. They lean on each other, and Jesus and they are growing

Spiritually, Emotionally, Relationally, Financially, Vocationally, Intellectually, and Physically. Let's pray.