

Being Worry Free

Virginia Grounds

“Seek first the Kingdom of God and His righteousness, and all these things will be added to you.” (Matthew 6:33, NKJV)

Break it down:

- **Kingdom of God** is defined by the Gospel Coalition as *God’s reign through God’s people over God’s place*. He is King overall who sits on His throne and rules according to His purpose and plan.
- **His righteousness** is that which is right and just. Holiness, set apart. He will do what is right and best for us. We can seek His first knowing that He rules over all creation and knows our needs.
- **And all these things** added are what things? What things? The things you are worried about. They are listed in verses 25-32. Food, drink, your body, clothing. In other words, God knows our needs and provides for them, often in unexpected ways. **He is Jehovah Jireh, The Lord Who provides.**

We cannot change anything by worrying. (v27) Worry is a state of anxiety and uncertainty over actual or potential problems. It is allowing our minds to dwell on difficulties.

With that definition, doesn’t it make sense to dwell on God and His word instead of the difficulty? And so I want to suggest a few practical things you can do to be worry free.

1. **Write down** the things you worry about.
2. **List them** one by one to the Lord in confession and prayer.
3. Tell Him you are casting them at His feet knowing He cares for you. Then **LET THEM GO.**
4. If you catch yourself focusing on those things, capture the thoughts by **redirecting your focus** to the Lord and His word.
5. Spend time in **studying the Bible.**
6. **Stay busy going about the Lord’s business.**

Practice these things and over a period of time, you will be worry free.