

# Sitting at the Feet of Jesus

Luke 12:22-31

Don't Worry

**Luke 12:13**

**“Teacher, tell my brother  
to divide his inheritance  
with me!”**

## Luke 12:22-23

Then Jesus said to his disciples, “Therefore I tell you, do not worry about your life, what you will eat or about your body, what you will wear. For life is more than food and the body more than clothes.”

# American Psychiatric Association

**43% of adults in the US currently  
report struggling with anxiety.**

- Future
- Past
- Money
- Health
- Relationships
- Job Security
- What other people think.

## Luke 12: 24-26

“Consider the ravens; they do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable are you than birds! Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?”

**Worry and anxiety does  
not add anything  
positive to our lives.**

Charles W Mayo-

“Worry affects the circulation, the heart, the glands, the whole nervous system, and profoundly affects the health.”



~Worry leads to higher risk of~

- high cholesterol, high blood pressure, heart attacks and strokes.
- Increased inflammation and joint pain.
- Lowered immune system and more likely to get sick.
- Constipation, diarrhea, stomach pain and indigestion.
  - Decreased hormones and fertility struggles.
  - Hair loss and acne.
- Depression, brain fog and mood swings

## Luke 12:27-28

**“Consider how the wild flowers grow. They do not labor or spin. Yet I tell you not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, how much more will he clothe you- you of little faith!!”**

**1. It demonstrates our  
faithlessness.**

**“You of little faith!”**

**2. Worry isn't just a fear  
issue. It's a control issue.**

**95% of what we worry  
about won't actually  
happen.**

**God will give us the strength  
and grace to get through the  
other 5% when the time  
comes and we need it.**

## Luke 12:29-31

"And do not set your hearts on what you will eat or drink; do not worry about it. For the pagan world runs after such things, and your Father knows that you need them. But seek His kingdom and these things will be given to you as well."

~Practical steps to help  
reduce anxiety~

- Exercise
- Vitamin D
- Cut down on Screen time.
  - Cut out alcohol.
- Cut down on caffeine.
  - 8 hours of sleep.

**1. Take every thought  
captive.**



## 2 Corinthians 10:3-5

For though we live in the world we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God and we take captive every thought to make it obedient to Christ.

**2. Lean into your  
heavenly Father**

**3. Pray through it until  
you get God's peace.**

## Philippians 4:6-7

Do not worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God.

And the peace of God, which surpasses all understanding will guard your hearts and your minds in Christ Jesus.

**1 Peter 5:7**

**Cast all your anxieties  
on God because He  
will take care of you.**

