

S7E47

The Superpower For The Christian Life – Matthew 6:33-34

Description – Join us today as we discuss the superpower to overcoming worry and anxiety in your life.

Matthew 6:33-34

³³ But seek first the kingdom of God and his righteousness, and all these things will be provided for you. ³⁴ Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.

Jesus says you have a choice each day of what you will seek after.

When you say you're going to trust God first, put God first in your heart and mind, then God will honor that.

The superpower of the christian life, how to squelch worry in your life:

The most important conversation you're going to have every single day isn't with your spouse, or your employees at the office, or your co-workers, or your kids. It's with yourself.

Your self talk, the way you talk about yourself and to yourself, is one of the most impactful things you can do.

Book recommendation: Firmly Planted

<https://www.amazon.com/Firmly-Planted-Revised-Updated-Cultivate/dp/1087768241/>

1. The infernal enemy (the Devil)
2. The external enemy (the World)
3. The internal enemy (the Flesh)

When we say "the Devil" while it could be Satan himself, it's more than likely one of his minions, or his proxies. It's the empire of evil that he oversees. Remember, he's not omniscient nor is he omnipresent. He doesn't know all, nor is he everywhere all at once.

The external enemy - the World - the world system the devil has established. Treasures on earth, what you eat, what you drink, what you wear, these are all worldly things.

There are only 3 things that have an investment in eternity: God, His Word, and the souls of men & women.

The flesh - our fallen sin nature that we battle. We are redeemed from our sin, but we are not glorified yet. The penalty of sin is taken from us, but sin still has power.

Justification - The penalty of sin removed from our lives
Sanctification - The power of sin is removed from our lives
Glorification - The presence of sin is removed from our lives

The only one of these three that we have any hope of controlling is our flesh. We can't control Satan and his minions, we can't control the world and the influences there. We can only hope to control our flesh.

Psalm 42:5

⁵ Why, my soul, are you so dejected? Why are you in such turmoil? Put your hope in God, for I will still praise him, my Savior and my God.

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⁵ Why, my soul, are you so dejected? Why are you in such turmoil? Put your hope in God, for I will still praise him, my Savior and my God.

Psalm 42:11

¹¹ Why, my soul, are you so dejected? Why are you in such turmoil? Put your hope in God, for I will still praise him, my Savior and my God.

Why would David say this three times? He's reminding himself by preaching truth to himself from God's Word.

The bottom line is, if you don't know what to say to yourself, you can learn from God's Word what to say.

So how do we do this?

It's not just haphazard. The thing that changes the mind and heart faster than anything else is Gratitude!

Philippians 4:4

⁴ Rejoice in the Lord always. I will say it again: Rejoice!

1 Thessalonians 5:18

¹⁸ give thanks in everything; for this is God's will for you in Christ Jesus.

Colossians 3:15

¹⁵ And let the peace of Christ, to which you were also called in one body, rule your hearts. And be thankful.

Neuroscience has proved that we can re-wire our brains with an attitude of gratitude.

When you're grateful you've got stronger relational bonds with others. You're more empathetic to others, and you've got better health and a stronger immune system.

Input changes outlook, and outlook changes mindset.