

- How much does God care about you?

We always cite John 3:16 and that is the truth. He cares SO much that he sent his son to be a man, experience everything we do, to live a life of obedience, and be the sacrifice for our sin.

This is called *Grace*. Getting something, we don't deserve.

But what about my day to day life.

- How much does He care about what I'm going through every day?

When I say that Matthew talks about the Kingdom of God over 50 times what does that make you think about?

"Well that's nice, and someday I'm looking forward to being in heaven with God in his kingdom."

We think about the future, but in the meantime, I'm living here on earth with all it's problems. I'm doing my part to live for God by going to church, praying, being a good person, and treating others nice.

- What more is there?

This morning we want to talk about he affects of the Kingdom on our everyday life.

Pray

There are two supernatural kingdoms. They are not equal but the lesser is allowed to survive so that we can have a choice between living a life for God or living a life doing the will of the king of the other kingdom – Satan.

Everything that is a part of Satan's kingdom is not part of God's kingdom. And those things that are not part of God's kingdom are against God and are called sin.

The things that are not part of God's kingdom come from our desire to control our lives and everything that could influence our lives.

This is the root of all sin and it's what Adam and Eve decided they would try and do.

- I can be in control of my life and everything that influences it.
 - This is NOT possible. But we try anyway. We try and control the relationships we are in, we try to control our health, our finances, our children, etc. We try to anticipate every possible thing that could negatively influence our lives.
 - It's not possible, but we try anyway.
 - Because it's not possible we worry and allow anxiety to build up in our lives.

Worry and anxiety are **not** part of God's kingdom because worry and anxiety will cause many negative things to happen that God deeply desires for us to avoid.

List effects of anxiety.

1. A sense of doom – causing us to have difficulty concentrating.
2. Panic Attacks - feels like a heart attack.
3. Depression – chronic anxiety increases the risk for depression, mind fog, and moodiness.
4. Headaches / irritability

5. Skin – hair loss, dull/brittle hair, brittle nails, dry skin
6. Pounding heart & palpitations
7. Breathing problems – rapid or shallow
8. Upset stomach – diarrhea, constipation, indigestion, bloating, pain and discomfort
9. Extreme fatigue
10. Increased blood pressure
11. Muscle aches and or tightness and other pains, increased inflammation
12. Immune system – decreased immune function, lowered immune defenses, longer recovery time.

All from worrying and anxiety. Worry comes from our inability to control a situation, present circumstances, and our future.

Worry will affect our physical and emotional health.

Finally, worry can cause us to turn to anything that will seem to make us feel good even if it's for a short time. The majority of time these things can begin to control our lives - the very thing we are worried about and yet we keep on doing these things.

- How much does God care about you?

Read: **Matthew 6:27-34**

27 Can any one of you by worrying add a single hour to your life?

28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 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—you of little faith?

31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them.

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Review chart on insert – Where are you and where would you like to be?

- What kingdom do you want to be part of?
- What is controlling your life right now?
- What is the first thing you do when you face struggles in life?

If it's worrying there is a better thing to do.

Jesus says that it is possible to not have to worry about anything while you are alive here on earth. I know that seems farfetched, but the creator of the universe wants the best for you and will take care of you.

Jesus tells you how to see that happen.

He tells you **two things** to do so you can begin to free yourself from worry.

Matthew 6:33. Instead of worrying and having all kind of physical and emotional problems “*seek first his kingdom and his righteousness, and all these things will be given to you as well.*”

1. It all starts with repenting of your desire to control everything around you.
 - a. When that is out of the way then you can begin the process Jesus is describing.

2. Begin by *first* seeking his kingdom (or the will of the Father).
 - a. So, before anything else seek his will.
 - i. In your decisions
 - ii. Your actions
 - iii. Your relationships
 - iv. Everything - FIRST

3. What is it your seeking? God righteousness, God's rightness, the right decision every time even when it seem it wasn't the right decision.

You see when you seek God will FIRST, and you seek his right-ness FIRST then ultimately the decision becomes God's and not yours. He then become responsible to carry you through a situation and provide for you in all situations.

When we do this, it's called FAITH. And as we practice faith and begin to see it work, we desire it affects more and more. We realize the creator of the universe is taking care of us and I not responsible anymore he is.

Worry and anxiety will begin to disappear and along with it the physical and emotional effects. It does not mean that problems will disappear but that now you have **faith** that regardless of what is happening God is in control of it and will get you through it.

You do not have that kind of promise and assurance in the other kingdom. Rather the other kingdoms purpose is to ultimately destroy you because you bear the image of God.

So, I'll ask again: "What kingdom do you want to be part of for eternity?"

If it's God's kingdom then it starts with you releasing your desire to control – this is what repentance is all about.

I can't add an hour to my life so why worry about it. I'll let tomorrow worry about itself and let God control my future.

God cares about you so much that He wants your life to be the best that it can be while you are alive here on earth even in the midst of difficulties.

Jesus in Matthew 11:28-34, after stating clearly that he and the father are one says to the disciples and the people in listening: *"Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."*

Let Jesus take your burden, your worry, and your anxiety. So that we can say: *"God, I want to be part of a Kingdom with a King that cares about me that much!"*

Amen.