

SHANGHAI CITY WIDE RETREAT “FULL SEND” 2024



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The Radical Sayings of Jesus: Do not Worry

Luke 12:22-31

Luke 12:22-31

²² 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. ²³ **For life is more than food, and the body more than clothes.** ²⁴ Consider **the ravens**: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much **more valuable you are** than birds! ²⁵ **Who of you by worrying can add a single hour to your life?** ²⁶ Since you cannot do this very little thing, why do you worry about the rest?”

Luke 12:22-31

²⁷ “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. ²⁸ 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! ²⁹ And **do not set your heart on what you will eat or drink; do not worry about it.** ³⁰ For the pagan world runs after all such things, and your Father knows that you need them. ³¹ **But seek his kingdom, and these things will be given to you as well.**

200 years ago...

- **1820**, 89% of the world lived in poverty, now it is less than 10%
- **1820**, 85% was undernourished, now it is less than 9%
- **1800**, 88% of the world is illiterate, now it is less than 14%
- **1820**, 43% die under the age of 5, now it is less than 4%
- **1800** Global life expectancy is 35 years old, now it is 73 years old.

200 years ago...

Life was harder back then, and yet in our time **WE HAVE SEEN A HUGE RISE IN ANXIETY!**

As of 2020, 73% of adults report feeling stressed every day. Anxiety and depression is the most common illnesses in the united states.

1 in 5 adults suffer anxiety and depression!

Since 1990, anxiety and depression levels have **nearly tripled.**

**Be honest, what are the
things that are causing you
Anxiety right now?**

Roadmap

Luke 12:22-34

Background: What is your Foundation?

1. What is Anxiety?

2. God Is Your Provider so do not
Worry!

3. God Gives you the Kingdom and
Loves you

4. How to Face Anxiety

Background

²² 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. ²³ For life is more than food, and the body more than clothes.

“**Therefore**” usually means something happened before...

→ **Parable of The Rich Fool (v13-21)**



Foolish is the one who seeks to lay up treasure for himself here on earth, and disregards a relationship with God...

Luke 12:13-21

What is your Foundation?

1 Corinthians 13:11-14

1 For no one can lay any foundation other than the one already laid, which is Jesus Christ. ¹² If anyone builds on this foundation using gold, silver, costly stones, wood, hay or straw, ¹³ their work will be shown for what it is, because the Day will bring it to light. It will be revealed with fire, and the fire will test the quality of each person's work. ¹⁴ If what has been built survives, the builder will receive a reward. **¹⁵ If it is burned up, the builder will suffer loss but yet will be saved—even though only as one escaping through the flames.**

What is your Foundation?

Jesus turns to his disciples and he wants them to **RETHINK THEIR MONEY, POSSESSION, And Accomplishments!!!**

“Do not Worry” → “Merinmate” Overthink/Be Divided

I. What is Anxiety?

1. Anxiety is Insecurity

Luke 12:22-34 → do not worry about your life, what you will eat; or about your body, what you will wear. ²³ For life is more than food, and the body more than clothes.

We want **Control** over all situations but that's impossible!

I. What is Anxiety?

2. Anxiety is Unbelief

²⁸ 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!

ANXIETY IS A LACK OF FAITH!! And God makes it clear that it has no place in the Christian life!

James 1:6-8 → ⁶ But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. ⁷ That person should not expect to receive anything from the Lord. ⁸ Such a person is **double-minded and unstable** in all they do. (No Firm Foundation)

I. What is Anxiety?

3. Anxiety is a Waste of Energy

²⁵ Who of you by worrying can add a single hour to your life? ²⁶ Since you cannot do this very little thing, why do you worry about the rest?

What good can you do to worry about something where you have **ZERO CONTROL OVER A SITUATION?**

I. What is Anxiety?

3. Anxiety is a Waste of Energy

Anxiety is:

- **RESTLESSNESS** in the presence of God **WHO IS REST**
- It is the **IRRITABILITY** in the midst of God **WHO IS PEACE**
- **CRANKINESS** in the presence **OF JOY**
- **DISCONTENTMENT** in the presence **OF MORE THAN ENOUGH**



My Own Anxiety Story

Anxiety in Scripture

Moses – A stutterer with low Self-confidence (Exodus 4:10)

Ruth – All Men in the family died. Attached herself to Naomi (Ruth 1:14)

David – A king who reflected often on his own fragile heart and mind. (Psalm 139:23)

Elijah – Defeated the prophets of Baal, felt extreme anxiety (1 Kings 19)

Mary – Felt overwhelmed with the responsibility of Giving birth to the Son of God (Luke 1:29)

Martha – Obsessively cleaning and couldn't enjoy Jesus visit to her home (Luke 10:41)

Peter – A disciple who over-spoke too often and must have felt crushed when he disowned Jesus 3 times (John 18:27)

Anxiety and Worry come from:
**our own expectations and a
Desire to Control**

Jesus tells us **to not be anxious**
about your life... and then he
proceeds to show us how!

II. God Is your Provider

2 Illustrations:

The Ravens

²⁴ **Consider the ravens:** They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! ²⁵ Who of you by worrying can add a single hour to your life? ²⁶ Since you cannot do this very little thing, why do you worry about the rest?

II. God Is your Provider

2 Illustrations:

The Lilies

²⁷ “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. ²⁸ 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! ²

II. God Is your Provider

YOU are WORTH MORE than Grass and Birds

The cure for anxiety... IS TO STOP WORRYING about our situation but **THINK ABOUT HOW GOD IS ALWAYS WORKING FOR OUR GOOD!! (Romans 8:28)**

II. God Is your Provider

Romans 8:28-32

28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose. ²⁹ For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. ³⁰ And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

³¹ What then shall we say to these things? **If God is for us, who can be against us?** ³² He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

III. God Gives you the Kingdom

²⁹ And do not set your heart on what you will eat or drink; do not worry about it. ³⁰ For the pagan world runs after all such things, and your Father knows that you need them. ³¹ **But seek his kingdom, and these things will be given to you as well.**

“SEEK” → To give attention to something!! **Focus and set your minds on the RIGHT THINGS!!** Don't obsess over these things, but focus on God!

III. God Gives you the Kingdom

MANY PEOPLE MAKE THEIR LIFE TOO SMALL.

Your life is more than about money, and good food, nice clothes, and people who respect you... and grand vacation... **YOUR LIFE IS MORE THAN WHAT YOU CONSUME!!**

You are WASTING YOUR LIFE If you are not seeking God and his kingdom

III. God Gives you the Kingdom

³¹ But seek his kingdom, and these things will be given to you as well. ³² “Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.

Seeking God’s Kingdom is seeking the things God desires for you:

- **To KNOW GOD** (Be under his discipleship and study the Word)
- **To MAKE HIM KNOWN** (live out your faith and SHARE the Gospel)

III. God Gives you the Kingdom

Luke 17:20-21 → ²⁰ Once, on being asked by the Pharisees when the kingdom of God would come, Jesus replied, “The coming of the kingdom of God is not something that can be observed, ²¹ nor will people say, ‘Here it is,’ or ‘There it is,’ because **the kingdom of God is in your midst.**”

We may want to build our own Kingdom, but God’s Kingdom is about **Submitting to the King.**

Trust in His Ways, trust in His Timing.

IV. How to Face Anxieties

I. Recognize that we have a God that can bring you out of Anxiety, Worries, and Fear (1 Peter 5:6-7)

⁶ Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷ Cast all your anxiety on him because he cares for you.

IV. How to Face Anxieties

II. Receive Grace and Fellowship from a God Who Cares for You (Hebrews 10:24-25)

²⁴ And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

No matter our situation, there is a God who created us and He will never leave you. **Receive** his Grace and seek our Church Community!!