* MAT 6:25-34:  *“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.*
	+ Life & body (first verse) are surely more difficult for God to provide than food & clothing.  The argument is that if he gives the greater, surely he will also give the lesser (same in [Rom 8:32](https://www.biblegateway.com/passage/?search=rom+8%3A32&version=NKJV)).
	The command not to worry comes right after the command not to lay up / save up (earlier in MAT 6).  This seems to anticipate the question, "how will I survive if I don't lay up?"  Note that if we're slaves of a Lord, slaves don't worry about money.  They do what they're told with their master's resources, but aren't concerned with where it comes from.  The master provides food & shelter while they do his work.
	+ Related to God Providing:
	+ PSA 37:25: *I have been young, and now am old; Yet I have not seen the righteous forsaken, Nor his descendants begging bread.*
	+ PSA 34:9-10*: Oh, fear the Lord, you His saints! There is no want (no missing necessities) to those who fear Him.The young lions lack and suffer hunger; But those who seek the Lord shall not lack any good thing.  The young lions lack and suffer hunger; But those who seek the Lord shall not lack any good thing.*
	+ PSA84: 11*: For the Lord God is a sun and shield; The Lord will give grace and glory; No good thing will He withhold From those who walk uprightly*.
	+ PSA 37:3-7:  *Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness.  Delight yourself also in the Lord, And He shall give you the desires of your heart (sounds much like MAT passage above).Commit your way to the Lord, Trust also in Him,And He shall bring it to pass.He shall bring forth your righteousness as the light, and your justice as the noonday. Rest in the Lord, and wait patiently for Him; Do not fret (worry) because of him who prospers in his way, Because of the man who brings wicked schemes to pass*.
	+ MAT 16:5-11:  *Now when His disciples had come to the other side, they had forgotten to take bread. Then Jesus said to them, “Take heed and beware of the leaven of the Pharisees and the Sadducees.”  And they reasoned among themselves, saying, “It is because we have taken no bread.”  But Jesus, being aware of it, said to them, “O you of little faith, why do you reason among yourselves because you have brought no bread? Do you not yet understand, or remember the five loaves of the five thousand and how many baskets you took up? Nor the seven loaves of the four thousand and how many large baskets you took up? How is it you do not understand that I did not speak to you concerning bread?—but to beware of the leaven of the Pharisees and Sadducees.”*
		- His rebuke is essentially saying not to be concerned about provisions (which was what they were concerned about).  Such things are merely incidental to life; the important things are spiritual.  As long as you're with Jesus, he'll make bread appear miraculously if necessary*.*
	+ PHIL 4:19:  *And my God will supply all your needs according to His riches in glory in Christ Jesus.*
* PHI 4:6-7: *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*
	+ When we are distressed, we come to God in prayer and we will get peace.
		- Jesus demonstrated coming to the father in prayer while in duress (MAR 14:33-36): *And He took Peter, James, and John with Him, and He began to be troubled and deeply distressed. Then He said to them, "My soul is exceedingly sorrowful, even to death. Stay here and watch." He went a little farther, and fell on the ground, and prayed that if it were possible, the hour might pass from Him. And He said, " Abba, Father, all things are possible for You. Take this cup away from Me; nevertheless, not what I will, but what You will."*
		- Here Jesus experienced fear. He became distressed, but he did the right thing in response - prayed to determine the will of God & then did God's will even though the very thing he feared must take place. The wrong thing to do in the face of fear is fret / worry. Danger leads to fear; injustice to anger, the reaction may be moral or immoral.
	+ These indicate we are troubled when we're not really trusting in God:
		- 1PE 5:7: …*casting all your care upon Him, for He cares for you.*
		- PSA 42:5 (PSA 42:11 & PSA 43:5 are the same): *Why am I so depressed? Why this turmoil within me? Put your hope in God, for I will still praise Him, my Savior and my God.*
	+ ROM 14:23: …*whatever is not from faith is sin*.
* Depression may have a chemical cause (rage raises adrenaline, menstrual cycle raises hormones, lust raises hormones, etc.), but the answer is spiritual. Scripture tells us:
	+ *All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work*. 2TI 3:16-17
		- Scripture is all that is required for a Christian to be **thoroughly** equipped for **every** good work. He or she doesn't need any help from the modern scientist (e.g., the psychologist or doctor handing out drugs to alter behavior). Neither does he benefit when the modern scientist excuses his behavior.
		- It may be that mood dictates brain chemistry rather than the reverse: Think about that.
* JOH 14:27: *Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid*.
* PSA 1:1-3: *Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers*.
	+ Note what the Godly person does; he delights in & meditates on God's word. The spiritual (psychological) result is that he's like a perfectly healthy tree.
	+ Similar to (JER 17:7-8): *Blessed is the man who trusts in the Lord, And whose hope is the Lord. For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, Nor will cease from yielding fruit*.
		- Heat / drought no doubt represent all trials, but seem especially to point to things like worry over job loss (or the constant possibility of it).
	+ PSA 119:23-24: *Princes also sit and speak against me, But Your servant meditates on Your statutes. Your testimonies also are my delight And my counselors*.
	+ ISA 26:3: *You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You*.
		- Compare also to JOH 14:27 above.
	+ 2TI 1:7: *For God has not given us a spirit of fear, but of power and of love and of a sound mind*.
	+ JOH 8:31-32: *Then Jesus said to those Jews who believed Him, " If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."*
		- Abide (continue) in his word & be set free (from sin of which worry is one).
* Note that your physical condition shouldn't drive your mental condition. Many Christians have been physically stricken yet remain joyous in the Lord big-time.
* JER 2:13: "*For My people have committed two evils: They have forsaken Me, the fountain of living waters, And hewn themselves cisterns — broken cisterns that can hold no water.*”
	+ They've hewn their own cisterns because they don't believe God to be the only source. They've rejected the water of life & have tried to replace it with their own supply (like Psychology which has replaced God's counsel with man's).
* Cheer Up!
	+ JOH 16:33: “*These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world*."
		- This is a command to cheer up!
	+ 1TH 5:16-18: *Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you*.
		- This is a **command**. Even if we don't feel like it (which would probably be nothing but a foul mood), we are to refuse to be depressed and rejoice.
	+ PSA 42:5-6a: *Why am I so depressed? Why this turmoil within me? Put your hope in God, for I will still praise Him, my Savior and my God. I am deeply depressed; therefore I remember You*…
* DEU 31:8: *The Lord is the One who will go before you. He will be with you; He will not leave you or forsake you. Do not be afraid or discouraged.*
* 1PE 5:7: …*casting all your care upon Him, for He cares for you*.
	+ Cast your worries on him because he worries for you.

***Rejoice always, pray without ceasing***