

SUMMER BAGGAGE



Bridge City
CHURCH

7/6/2025

HOLY SPIRIT

PART I: BREAKING UP WITH WORRY

Hebrews 12:1 (NLT). *“Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.”*

Joyce Meyer: *“Worry is like a rocking chair: it keeps you moving but doesn’t get you anywhere.”*

WHAT SHOULD I DO TO BE FREE FROM WORRY?:

1. [TRUST] GOD AND BELIEVE HIS PROMISES

Romans 4:18–22 (NLT). *“Even when there was no reason for hope, Abraham kept hoping—believing that he would become the father of many nations. For God had said to him, ‘That’s how many descendants you will have!’ And Abraham’s faith did not weaken, even though, at about 100 years of age, he figured his body was as good as dead—and so was Sarah’s womb. Abraham never wavered in believing God’s promise. In fact, his faith grew stronger, and in this he brought glory to God. He was fully convinced that God is able to do whatever he promises.”*

Jeremiah 29:11 (NLT). *“‘For I know the plans I have for you,’ says the Lord. ‘They are plans for good and not for disaster, to give you a future and a hope.’”*

God’s not improvising with your life. He’s not scrambling for solutions—He already has a plan. He’s not surprised by your situation.

2. [GIVE] MY WORRIES TO GOD

1 Peter 5:6–7 (NLT). *“So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you.”*

There are two steps I need to follow to let go my worries:

- A. Humble myself before God.
- B. Cast my worries on Him.

3. [PRAY] INSTEAD OF WORRYING

Philippians 4:6–7 (NLT). *“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”*

Prayer reminds us who is in control. We’re not bringing our needs to someone powerless—we’re bringing them to God, the CEO of the Solution Department.

4. [BUILD] MY LIFE ON GOD’S PROMISES

2 Peter 1:4 (NLT). *“And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature...”*

The real question is not: **“Will God keep His promises?”**

But: **“Am I building my life on His promises or my own worries?”**

You may not completely conquer worry by the end of today—but you can start today. Let **today be the first day you say “no” to worry and kick the frog of worry out of your life!**



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