

Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: cross, shame, whatever. And now he's there, in the place of honor, right alongside God. (Hebrews 12:2 MSG)

LESSON #7

It was now about the sixth hour, and darkness came over the whole land until the ninth hour, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, "Father, into your hands I commit my spirit." When he had said this, he breathed his last. (Luke 23:44-46)

Finally _____ your day to God,
and _____

Free me from the trap that is set for me, for you are my refuge. Into your hands I commit my spirit; redeem me, O LORD, the God of truth. (Psalm 31:4-5)

THE WORRY TRAP

"No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve both God and money. "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?" (Matthew 6:24-30)

LETTING GO

Don't worry about anything; instead, pray about everything; tell God your needs ... If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. (Philippians 4:6-7 LB)

1. Get to _____

"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' People who don't know God and the way He works worry over these things, but your heavenly father knows what you need. And you know God and how he works." (Matthew 6:31-32 NLT/MSG)

2. Put _____ in every area of your life.

"But seek first his kingdom and his righteousness, and all these things will be given to you as well." (Matthew 6:33)

3. Live _____ at a time.

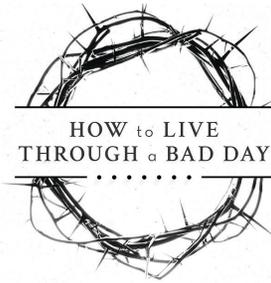
"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:34)

"To live through a bad day—indeed, to conclude it—
is to _____ into the hands of God
and _____ there."

—Jack Hayford



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Finally surrender your day to God,
and let it go.

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1. Get to know God.

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2. Put God first in every area of your life.

"But seek first his kingdom and his righteousness, and all these things will be given to you as well." (Matthew 6:33)

3. Live one day at a time.

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:34)

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