

24

7

10,080 MINUTES



# WORRY FREE LIVING

**SEEING WORRY FREE LIVING**  
**A WELL SHEPHERDED LIFE**

**SEEKING WORRY FREE LIVING**  
**TRUSTING YOU ARE WELL LOVED**

**STEPPING INTO WORRY FREE LIVING**  
**A PRESCRIPTION FOR WELLNESS**

by Doug Webster ~ [JesusCollege.com](http://JesusCollege.com)





**A NEAR DROWNING...**

When our oldest daughter was almost 9, she nearly drowned.

**WE FACED A CRISIS LIKE NEVER BEFORE.**



## EYES TO SEE

Standing in the hospital room after the near drowning, my daughter asleep in the hospital bed, I looked out the window over the freeway below on an early Saturday morning, Labor Day weekend and I prayed,

*“Lord, you are still God. I trust you with my precious Brookelyn. Now, give me eyes to see what you are doing and let me know what my part is, however small that may be.”*

Thank God she recovered and is healthy. Weeks later a 2nd incident led to an epilepsy diagnosis. We speculate she had a seizure in the pool.

The prayer I uttered that day is what I pray nearly every day for over 20 years.

*“Lord, give me eyes to see what you are doing today and let me know what my part is, however small that may be.”*



# “What do I worry about?”

What are my top 10 worries?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

When do I worry?

Where do I worry?

Who do I worry about most often?

Where do I go in my mind when I worry?

## Dial 23.1-6



My Kids

Dial 23.1-6

Money

Dial 23.1-6

My Health

Dial 23.1-6

Other's Health

Dial 23.1-6

Enough time

Dial 23.1-6

Death

Dial 23.1-6

Work Performance

Dial 23.1-6

Food & clothes

Dial 23.1-6

Failure

Dial 23.1-6

What they think

Dial 23.1-6

## I. SEEING WORRY FREE LIVING A WELL SHEPHERDED LIFE



The Lord is my Shepherd, I lack nothing.

Jesus never worried. He never hurried. He never feared what might go wrong. He trusted His Father. He lived loved. Consider the Scripture Jesus read, knew and memorized, trusting the God behind the words.

**DIAL 23.1-6** - Psalm 23 asking yourself, *“Is this available for me today, not just read over me after I die?”*

**READ Psalm 46** asking, *“Is this same God available for me today?”*

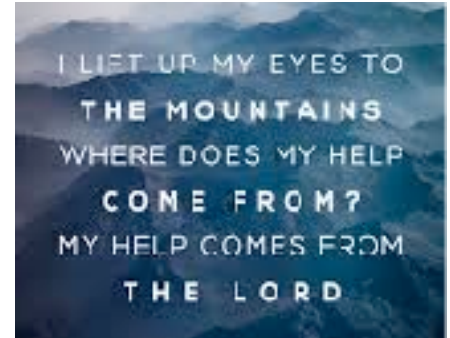
**READ Psalm 121** thinking about the Nature of God in all 3 Psalms.

A well Shepherded life is offered to you today, right where you live. You’re invited to live like the Master.



### "Worry-Free Living" Vocabulary

- **Love** - Seeking the good in others
- **Grace** - Help for what I can't do alone
- **Salvation** - Deliverance into whole life now and forever
- **Kingdom of God** - God's love in action in my everyday surroundings.
- **Eternity** - A never-ending Kingdom condition coupled with, but not defined by, a destination.
- **Grow** - Inward transformation of my natural, habitual way of life - will, thoughts, feelings, actions, body, relationships & soul - to the degree God's Kingdom is active in my life.
- **Apprentice** - A willful intention to become like my Master Teacher
- **Discipline** - Practiced habits to accomplish what I can not do by direct effort.
- **Time** - Weekly gift of 10,080 minutes I choose to spend as I see best.
- **Knowledge** - What I present on a basis of thought & experience.
- **Obedience** - The vehicle in which knowledge travels to what I know.
- **Responsibility** - The heart of our relationship with God.
- **Kingdom Living** - An interactive life of grace in God's spiritual Kingdom of the Heavens at hand.



### Psalm 23.1-6

1 The Lord is my shepherd,  
I lack nothing.

2  
He makes me lie down in  
green pastures,  
he leads me beside quiet waters,

3  
He refreshes my soul.  
He guides me along the right  
paths  
for his name's sake.

4  
Even though I walk  
through the darkest valley,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.

5  
You prepare a table before me  
in the presence of my  
enemies.  
You anoint my head with oil;  
my cup overflows.

6  
Surely your goodness and love  
will follow me all the days of my  
life,  
and I will dwell in the house  
of the Lord forever.

### Psalm 46

1 God is our refuge and strength,  
an ever-present help in trouble.

2 Therefore we will not fear, though the  
earth give way and the mountains fall  
into the heart of the sea,

3 though its waters roar and foam  
and the mountains quake with their  
surging.

4 There is a river whose streams make  
glad the city of God, the holy place  
where the Most High dwells.

5 God is within her, she will not fall;  
God will help her at break of day.

6 Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.

7 The Lord Almighty is with us;  
the God of Jacob is our fortress.

8 Come and see what the Lord has  
done,  
the desolations he has brought on the  
earth.

9 He makes wars cease  
to the ends of the earth.  
He breaks the bow and shatters the  
spear;  
he burns the shields with fire.

10 He says, "Be still, and know that I  
am God;  
I will be exalted among the nations,  
I will be exalted in the earth."

11 The Lord Almighty is with us;  
the God of Jacob is our fortress.

### Psalm 121

1 I lift up my eyes to the  
mountains— where does my  
help come from?

2  
My help comes from the Lord,  
the Maker of heaven and earth.

3  
He will not let your foot slip—  
he who watches over you will  
not slumber;

4  
indeed, he who watches over  
Israel will neither slumber nor  
sleep.

5  
The Lord watches over you—  
the Lord is your shade at your  
right hand;

6  
the sun will not harm you by day,  
nor the moon by night.

7  
The Lord will keep you from all  
harm— he will watch over your  
life;

8  
the Lord will watch over your  
coming and going  
both now and forevermore.



**YOU ARE MY SHEPHERD**

**YOU ARE MY REFUGE AND STRENGTH**

**YOU ARE MY SHADE AT MY RIGHT HAND**

## II. SEEKING WORRY FREE LIVING A WELL LOVED LIFE

**Becoming a “Therefore” kind of person who has found peaceful, worry free living in the Kingdom of God.\*** (\*def. - “God's love in action in my everyday surroundings.”)

~ ~ ~

### **Romans 5:1**

“**Therefore**, since we have been justified through faith, we have **peace** with God through our Lord Jesus Christ.”

~ ~ ~

### **Jesus in Matthew 6**

**25** “**Therefore** I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? **26** Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? **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.”

### **TWO STEPS TO SEEKING WORRY FREE LIVING:**

#### **1.) Do Not Worry About Your Life! (Mt. 6:25)**

Why? - Because You are well loved!

~ You are “more valuable” to your Father (v. 26)

~ Your Father “knows your needs” (v. 32 & 6:8)

#### **2.) Seek first the Kingdom of God! (v. 33)**

~ Rushing the Kingdom like a Leper and Leader (Mt. 8)

~ Seeking the right & good

~ ~ ~

*“As we live in the school of Jesus, we can progressively come to know the goodness of the rightness under God and we are prepared to sign off on the goodness of doing the thing that is right.”*

Dallas Willard,  
*“Streams in the Desert”*

24

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10,080 MINUTES



# WORRY FREE LIVING

**3 QUESTIONS TO SEE & SEEK WORRY  
FREE LIVING IN THE NEXT 10,080  
MINUTES:**

**1: WHAT UNMET DESIRE OR ANTICIPATED  
DREAD IS PRESSING IN ON MY PEACE?**

**2: WHEN WILL I CARVE OUT SOME TIME THIS  
WEEK TO REPLACE MY WORRY THOUGHTS  
WITH WORSHIP THOUGHTS?**

**3: WHAT "PSALM THOUGHT" WILL I CHOOSE  
TO MEDITATE ON TO RENEW MY MIND?**





## III. STEPPING INTO WORRY FREE LIVING A PRESCRIPTION FOR WELLNESS

### I. Learning to be Content without Worry

#### READ PHILIPPIANS 4:4-19

~ God is the only source of my joy. (v. 4)

~ The Lord is near. His Kingdom is at hand. (v. 5)

~ Do not be anxious, talk to the Father. (v. 6)

~ Peace beyond understanding. (v.7) Not knowing how it works. The *A.B.I Kingdom Principle* - “All By Itself” (Mark 4)

~ Think about what I think about to learn what occupies my mind. (v. 8) “Mind of Christ” (I Co. 2:16)

~ Practice what I’m seeing & learning. God of Peace - “Shalom” (v. 9) Grace in me for areas of my life not yet well shepherded.

~ “I’m not in want” (v. 11) Psalm 23, “I lack nothing.”

~ Learn to be content (v. 11)

~ I can do all things (in this context) (v. 13)

~ God will meet all my needs [and my loved one’s needs] (v. 19)

*“You won’t understand how it works like the farmer who did not know how the grain grew, just up it came. [Mark 4:26-29] You are a person who lives with thankfulness and gratitude with God and when issues are faced, you take them up with God. Makes you more confident, bolder, makes you more able to stand and act because you’re not wasting all your energy on worry. You have greater clarity in what you do.”*

Dallas Willard  
“Streams in the Desert”

*“God comes to us precisely in and through our thoughts, perceptions and experiences, and that He can approach our conscious life only through them, for they are the substance of our lives. We are, therefore, to 'be transformed by the renewing of our minds' (Romans 12:2). God’s gracious incursions into our souls can make our thoughts His thoughts.”*

Dallas Willard  
*Hearing God*, p. 135

*“You do not become a disciple, a person who is content no matter what happens, unless you have chosen how to live your life.”*

*“This route of discipline is how we become inwardly transformed so that we can turn loose of external righteousness and be who we are as apprentices of Jesus and learn what we need to learn.”*

Dallas Willard  
“Streams in the Desert”

### II. Stepping into Worry Free Living

Worry-free living is my choice to enter the jet stream of grace (*the Kingdom of God in action*) by practicing disciplines through which the loving Trinitarian community of God transforms my mind into knowing God is enough, i.e., the Father will take care of me.

~ ~ ~

#### 24 Tools of a Worry-Free Apprenticeship

**Disciplines of  
Disengagement** (Retreat)  
solitude, silence, fasting,  
frugality, chastity, secrecy,  
sacrifice, watching

#### Disciplines of Engagement (Advance)

prayer, study, meditation,  
memorization, worship,  
celebration, service,  
fellowship, confession,  
submission, simplicity,  
obedience, generosity, giving,  
guidance, pilgrimage

# APPLYING AN APPRENTICE'S TOOLS TO LIFE'S CONDITIONS

*"Where we are set free!"*

Bringing the way of Jesus into the conditions of everyday life by putting on the habits of Jesus known as 'disciplines'.

## **Disengage = Retreat**

## **Engage = Advance**

### Discipline --> Condition

### Discipline --> Condition

solitude	anger, pride anxiety
silence	pride, worry, fear
fasting	selfish, envy
frugality	self-indulge, greed
chastity	lust, guilt, shame
secrecy	pride, envy
sacrifice	shame, lazy
watching	worry, fear

prayer	worry, fear
study	fear
meditation	fear
memorize	worry
worship	shame, anger, fear
celebration	envy
service	selfish, lazy
fellowship lust	pride, lazy,
confession lust	guilt, shame,

## TODAY'S CONDITIONS

*"Where we get stuck!"*

anger  
anxiety  
envy  
fear  
greed  
guilt  
laziness  
lust  
pride  
self-indulgence  
shame  
worry

~ ~ ~ ~ ~

## Kingdom Prescriptions for Today's Conditions

ANGER	solitude, worship, obedience
ANXIETY	solitude, giving, guidance
ENVY	fasting, secrecy, celebration, generosity
FEAR	silence, watch, pray, study, meditate, worship
GREED	frugality, simplicity, generosity, giving,
GUILT	simplicity, confession, chastity
LAZY	sacrifice, serve, fellowship, obey, pilgrimage
LUST	chastity, fellowship, submission
PRIDE	solitude, silence, secrecy, fellowship, submission
SELFISH	fasting, frugality, service, giving
SHAME	chastity, sacrifice, worship, confession
WORRY	prayer, memorize, guidance, silence, watch

...and bringing the mentoring of Jesus where we **WORRY** most:

- PARENTING worries can be reduced by practicing SILENCE
- FINANCIAL worries can be reduced by practicing GENEROSITY
- HEALTH worries can be reduced by practicing FASTING
- TIME worries can be reduced by practicing SOLITUDE

submission	pride
simplicity	greed, guilt
obedience	pride, anger, lazy
generosity	greed, envy
giving anxiety	greed,
guidance anxiety	worry,
pilgrimage	lazy, pride

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10,080 MINUTES



# WORRY FREE LIVING

**3 QUESTIONS FOR STEPPING INTO  
WORRY FREE LIVING IN THE NEXT 10,080  
MINUTES:**

**1: DO I WANT TO LIVE WITHOUT WORRY,  
HONESTLY?**

**2: WHAT MEANS AM I PREPARED TO ACT ON  
TO BECOME THE KIND OF PERSON WHO DOES  
NOT WORRY BUT LIVES IN THE PLACE OF  
GRACE?**

**3: WHAT AM I MOST WORRIED ABOUT TODAY?  
WHAT PRESCRIPTION FOR JESUS LIKE LIVING  
WILL I PRACTICE THIS WEEK?**



## “WORRY FREE LIVING”

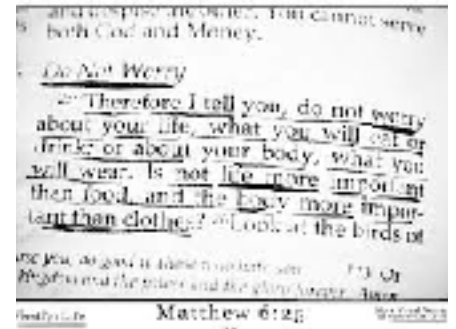


“The Lord  
is my  
Shepherd,  
I lack  
nothing.”



*“This world is a perfectly safe place for you to be. That’s why Jesus says, “Don’t worry about tomorrow”. Why? Because your Father is looking out after you. The Lord is my Shepherd. That’s why Jesus says, “Don’t worry..” Or Paul says, “Don’t be anxious for anything.” That’s the only thing that allows the bad stuff in your being to begin to move out.”* Dallas Willard, “Healing the Heart”

Jesuscollegeblog.wordpress.com



“Therefore,  
do not  
worry  
about your  
life.”

*“There is scarcely any sin against which our Lord Jesus more warns his disciples, than disquieting, distracting, distrustful cares about the things of this life.”*

Matthew Henry

[www.JesusCollege.com](http://www.JesusCollege.com)



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