

# THE BIBLE DOESN'T SAY THAT

## What the Bible Doesn't Say: "God helps those who help themselves."

Our modern culture idolizes self-sufficiency. Everyone needs to take care of themselves, first. Look out for number one. Focus on your needs before anyone else's needs. God's plan for our lives is the exact opposite. Focus on the kingdom first, and God will take care of your necessities. Following Jesus is about living a selfless life.

Three illustrations on the ineffectiveness of worry.

1. \_\_\_\_\_.

**Quote:** The reason you shouldn't worry about your needs is because your needs are NOT your life. In fact, your life is MORE than those things. Life is not defined by the things we have; life is worth more than all our things.

2. \_\_\_\_\_.

**1 Timothy 4:8 NLT** Physical training is good, but training for godliness is much better, promising benefits in this life and the life to come.

3. \_\_\_\_\_.

If we focus on seeking God, there will be nothing in life we need to worry about. Our relationship with God needs to be our \_\_\_\_\_.

**1 Corinthians 15:31 NKJV** I affirm, by the boasting in you which I have in Christ Jesus our Lord, I die daily.

**James 1:3 NKJV** Knowing that the testing of your faith produces patience.

“What Jesus is teaching ... all boils down to a choice between two philosophies of life. One is the [worldly] philosophy ; and the other is the Christian philosophy. One leads to a life of worry about things. The other leads to a life of joy as one places his faith in Christ for His provisions. Worry is useless. By it a person can't add a single hour to his life. But worry is inevitable when things are what he lives for. Living for things and worry are tied together so closely that they cannot be separated.

The Christian way of life means dependence on God; it is based on the fact that He will take care of His children and provide for their true needs (not those that they may think are needs, but are not). The problem today is that we have been taught that we need all sorts of things that we really do not. There is only one fundamental need— Christ Himself. As God provides food for the birds (verse 26) and clothes the lilies of the field (verse 28), so too will He provide food and raiment for His own.

**Jay Adams, *The Christian Counselor's Commentary (Matthew)***

“The world is full of worry. We're tempted to think that worrying is the same thing as thinking or planning or even protecting ourselves. But worry is completely useless and ineffective when it comes to adding to our lire. We can't even add one minute by worrying... We're not called to worry. We are to trust God.

**Thabiti Anyabwile, *Christ-Centered Exposition***

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