



The Power of a Carefree Mind

Philippians 4:4-7

Mark 4:18-19

Now these are the ones sown among thorns; they are the ones who hear the word, ¹⁹and the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful.

Luke 8:14

Now the ones that fell among thorns are those who, when they have heard, go out and are choked with cares, riches, and pleasures of life, and bring no fruit to maturity.

Luke 21:34-36

“But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly.

³⁵For it will come as a snare on all those who dwell on the face of the whole earth.

³⁶Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man.”

I. We Must Trust God & Not be overcome with Cares

Psalms 37:7-8, *Rest in the Lord, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass. ⁸Cease from anger, and forsake wrath; Do not fret—it only causes harm.*

A. Anxiety prevents achievement.

B. Faith and fear are the opposites of each other.

V. 13, *"I can do all things through Christ who strengthens me."*

C. Faith drives fear away, placing all things within reach.

- Mark 9:23, *"If you can believe, all things are possible to him who believes."*

- Hebrews 11:1, *Now faith is the substance of things hoped for, the evidence of things not seen.*

- 2 Timothy 1:7 *"For God has not given us a spirit of fear, but of power and of love and of a sound mind."*

II. We Must Forgive Instead of Fume.

Eph. 4:31-32, *Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. ³²And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.*

A. How do we handle bitterness, anger and malice?

- Colossians 3:18-19, *Wives, submit to your own husbands, as is fitting in the Lord. ¹⁹Husbands, love your wives and do not be bitter toward them.*

- Acts 8:23, *"For I see that you are poisoned by bitterness and bound by iniquity."*

- Heb. 12:15b *"...lest any root of bitterness springing up cause trouble, and by this many become defiled."*

B. Consider what anger did to Cain who killed his brother.
(Gen. 4:5)

C. Forgiveness is the antidote to anger. (Eph. 4:32)

- Be kind to one another, tenderhearted...

- forgiving one another...

D. Forgiveness opens the channels of power to serve.

III. We Must Release Cares instead of Holding to them

1 Peter 5:6-7

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷casting all your care upon Him, for He cares for you.

A. We can cast our cares on Christ and be free of them.

- **Matthew 6:31-33** *“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³²For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³But seek first the kingdom of God and His righteousness, and all these things shall be added to you.*

B. We have the option of releasing our cares.

- **Col. 2:9-10**, *For in Him dwells all the fullness of the Godhead bodily; ¹⁰and you are complete in Him, who is the head of all principality and power.*

- **Romans 5:8**, *But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.*

- **Romans 8:32**, *He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?*

Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

⁷and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.