

***TAMING
TENSION***

Matthew 6:25-34

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25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

27 Which of you by taking thought can add one cubit unto his stature?

28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

Matthew 6:25-34 - continued

29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

Matthew 6:25-34 - continued

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

I. Concentrate On Relaxing Influences

Philippians 4:6-8

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

I. Concentrate On Relaxing Influences

A. Consider God's creation

Psalm 8:3-4

**3 When I consider thy heavens, the work of thy fingers,
the moon and the stars, which thou hast ordained;**

**4 What is man, that thou art mindful of him? and the son
of man, that thou visitest him?**

Psalm 102:25

**Of old hast thou laid the foundation of the earth: and the
heavens are the work of thy hands.**

I. Concentrate On Relaxing Influences

B. Commune with God in song.

Ephesians 5:19

Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

Proverbs 25:20

As he that taketh away a garment in cold weather, and as vinegar upon nitre, so is he that singeth songs to an heavy heart.

C. Concentrate on God's promises

Psalms 143:5

I remember the days of old; I meditate on all thy works; I muse on the work of thy hands.

II. Cultivate A Sense Of Humor

Proverbs 17:22

**A merry heart doeth good like a medicine: but a broken
spirit drieth the bones.**

II. Cultivate A Sense Of Humor

A. Take time to laugh

Ecclesiastes 3:4

**A time to weep, and a time to laugh; a time to mourn,
and a time to dance;**

B. Learn to laugh at your mistakes and blunders because everyone makes them

Genesis 21:6

**And Sarah said, God hath made me to laugh, so that all
that hear will laugh with me.**

II. Cultivate A Sense Of Humor

C. Laugh at situations and circumstances and with people

Job 8:19-21

19 Behold, this is the joy of his way, and out of the earth shall others grow.

20 Behold, God will not cast away a perfect man, neither will he help the evil doers:

21 Till he fill thy mouth with laughing, and thy lips with rejoicing.

III. Control Extravagant Ambitions

Matthew 6:33

**But seek ye first the kingdom of God, and his
righteousness; and all these things shall be added unto
you.**

III. Control Extravagant Ambitions

A. Pace yourself and know your limitations

Psalm 127:2

It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.

2 Thessalonians 3:13

But ye, brethren, be not weary in well doing.

III. Control Extravagant Ambitions

**B. Learn to be yourself, to do what God wants, no more,
no less**

2 Corinthians 10:12

**For we dare not make ourselves of the number, or
compare ourselves with some that commend themselves:
but they measuring themselves by themselves, and
comparing themselves among themselves, are not wise.**

III. Control Extravagant Ambitions

C. Ambition if not controlled can lead to unhappiness and strain

1 Timothy 6:10

For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.

Philippians 4:11

Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.

1 Timothy 6:8

And having food and raiment let us be therewith content.

IV. Cooperate With The Inevitable

Romans 8:28

And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

IV. Cooperate With The Inevitable

A. Accept situations that you cannot change

Matthew 6:27

Which of you by taking thought can add one cubit unto his stature?

Acts 16:25

And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.

IV. Cooperate With The Inevitable

B. Jesus lived a relaxed life and did not worry about the little things

Matthew 8:20

And Jesus saith unto him, The foxes have holes, and the birds of the air have nests; but the Son of man hath not where to lay his head.

C. Jesus did not fret about difficult situations but turned impossibilities into opportunities

John 11:40

Jesus saith unto her, Said I not unto thee, that, if thou wouldest believe, thou shouldest see the glory of God?

V. Consistently Trust In The Lord

Psalm 62:8

**Trust in him at all times; ye people, pour out your heart
before him: God is a refuge for us. Selah.**

V. Consistently Trust In The Lord

A. Practice the presence of God

Exodus 33:15

And he said unto him, If thy presence go not with me, carry us not up hence.

B. You are not meeting life's demands alone

Psalms 59:16

But I will sing of thy power; yea, I will sing aloud of thy mercy in the morning: for thou hast been my defence and refuge in the day of my trouble.

V. Consistently Trust In The Lord

C. Yield yourself to His will, way, and work

Proverbs 3:5-6

5 Trust in the LORD with all thine heart; and lean not unto thine own understanding.

6 In all thy ways acknowledge him, and he shall direct thy paths.

Philippians 4:5

Let your moderation be known unto all men.

The Lord is at hand.