



Stop Worrying

²⁵ “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? ²⁶ 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? ²⁷ Can all your worries add a single moment to your life?

³¹ “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

³⁴ “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

Matthew 6:25-27, 31-34 NLT

Stop Worrying

1. Do not Worry

- _____: Anxious distraction hindering faith
- Jesus invites me to live _____ by life’s worries

“Anxiety exposes idolatry...We worry about the things we are passionate about, the things we center ourselves around.”

-John Mark Comer

2. Living Worry Free

- Worry exposes who we _____ more - God or this world.
- We can worry less, when we look to _____ Him more.

*“The Lord is my Shepherd,
I have all that I need”*

Psalms 23:1 NLT