



Key Scripture:

Matthew 6:25 NIV

"Therefore I tell you, **do not worry about your life**

Most Common Worries

- ✓ Job Security
- ✓ Relationships
- ✓ Health
- ✓ The Future
- ✓ Money

What worries you? _____

Picking Your Master

Matthew 6:24 NIV

"No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. **You cannot serve both God and Money.**

Notes: _____

Replace Your Worry with Worship!

1. Your life is important to God.

Matthew 6:25 NIV

"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 important** than food, and the body more important than clothes?

2. You've been given the right to know God as a Father.

Matthew 6:26 NIV

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?**

You Asked For It!
How Do I Overcome Worry?

3. Focus your thoughts on what adds to your life.

Matthew 6:27 NIV

Who of you by worrying can **add a single hour to his life?**

4. Grow your faith in God as your provider.

Matthew 6:28-31 NIV

28 "And why do you worry about clothes? See how the lilies 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, **O you of little faith?** 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

5. Your Heavenly Father knows your wants and needs.

Matthew 6:32 NIV

For the pagans run after all these things,
and **your heavenly Father knows that you need them.**

6. Prioritize what is most important.

Matthew 6:33 NIV

But **seek first His kingdom and His righteousness,**
and all these things will be given to you as well.

Matthew 6:33 CEV

But more than anything else, **put God's work first and do what He wants.**
Then the other things will be yours as well.

7. Live your best in the time you've been given.

Matthew 6:34 NIV

Therefore, **do not worry about tomorrow,** for tomorrow will worry about itself.
Each day has enough trouble of its own.

Notes: _____

