

## Overcoming Worry

Following Jesus

Matthew 6:25-34



"If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. Matthew 16:24 (NLT)

## You need to know: What Jesus

"... I tell you not to worry about  
everyday life... Matthew 6:25

"So don't worry about these things...  
Matthew 6:31

"So don't worry about tomorrow...  
Matthew 6:34



"...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? 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? Can all your worries add a single moment to your life? "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today. Matthew 6:25-34 (NLT)

## You need to know: What God \_\_\_\_\_

"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? Matthew 6:26

"... your heavenly Father already knows all your needs. Matthew 6:32

"And if God cares so wonderfully for wildflowers... he will certainly care for you. Why do you have so little faith? Matthew 6:30



## You need to know: Why it \_\_\_\_\_

- Worry is a \_\_\_\_\_ of your time
- Worry is \_\_\_\_\_
- Worry \_\_\_\_\_ a lack of faith



## You need to know: \_\_\_\_\_ to do

- Take \_\_\_\_\_ of your thinking
- \_\_\_\_\_ uncertainty as a fact of life
- \_\_\_\_\_ always
- \_\_\_\_\_ with problems, don't \_\_\_\_\_ on them
- \_\_\_\_\_ whenever possible



"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philipians 4:6-7 (NLT)