



‘How do I stop worrying?’

²⁵“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 than food, and the body more than clothes? ²⁶Look 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? ²⁷Can any one of you by worrying add a single hour to your life? ²⁸And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰If 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 - you of little faith? ³¹So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³²For the pagans run after all these things, and your heavenly Father knows that you need them. ³³But seek first His kingdom and His righteousness, and all these things will be given to you as well. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”
~Matthew 6:25-34

Two Key Reasons Why We Should Not Worry

1. Worry is **unreasonable**.

“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 than food, and the body more than clothes?”
~Matthew 6:25

2. Worry is **unnatural**.

“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?”
~Matthew 6:26

Four Steps to Stop Worrying

1. Get to **know God**.

“People who don’t know God and the way He works fuss over these things, but you know both God and how He works...”
~Matthew 6:31-32 (MSG)

2. Put **God first**.

“But seek first His kingdom and His righteousness, and all these things will be given to you as well.”
~Matthew 6:33

3. Live **one day at a time**.

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”~Matthew 6:34

“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 - you of little faith?”
~Matthew 6:30

4. Trust God **to help and care**.

“Cast all your anxiety on Him because He cares for you.”
~1 Peter 5:7

Two Steps to Overcoming Worry

1. Know the **promises in God’s word**.

2. **Pray Pray Pray!**

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”
~Philippians 4:6 (NASB)