

MESSAGE 4: HOW CAN I STOP WORRYING?

Parts 1-2

Worry: trying to _____

WHAT JESUS SAID ABOUT WORRY

(Matthew 6:25-34)

1. WORRY IS _____

“Do not worry about your life, what you’ll 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?” Matthew 6:25 (NIV)

2. WORRY IS _____

“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 (NIV)

“And why worry about your clothes? Look at the field lilies! They don’t worry about theirs. Yet King Solomon in all his glory was not clothed as beautifully as they.”

Matthew 6:28-29 (LB)

3. WORRY IS _____

“Who of you by worrying can add a single hour to his life?” Matthew 6:27 (NIV)

“Worry weighs us down.” Proverbs 12:25 (Mes)

4. WORRY IS _____

“And if God cares so wonderfully for flowers that are here today and gone tomorrow, won’t he more surely care for you, O you of little faith?” v. 30 (LB)

THE ANTIDOTE TO WORRY

1. _____ GOD!

“People who don’t know God and the way He works worry over these things...”

Matthew 6:32a (Mes)

Jesus said, Don’t be worried and upset. Believe in God and believe also in me.” John 14:1 (GN)

2. _____ IN EVERY AREA OF MY LIFE.

“Don’t worry at all ... your Heavenly Father already knows perfectly well what you need, and He will give it to you if you give Him first place in your life and live as He wants you to.” Matthew 6:31-33 (LB)

3. LIVE _____

“So don’t worry about tomorrow, because tomorrow will have its own worries. Each day has enough trouble of its own.” Matthew 6:34 (NCV)

“Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.”

Matthew 6:34 (Mes)

4. TRUST GOD TO _____

“Give all your worries and cares to God, for He cares about what happens to you.” 1 Peter 5:7 (NLT)

“Don’t worry about anything; instead, pray about everything; tell God your needs ... If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand.” Philippians 4:6-7 (LB)